





A Syn. 9. 65. 2
Choice Manuall,
OR
RARE and SELECT
SECRETS
IN
PHYSICK
AND
CHYRURGERY:

Collected, and practised
by the Right Honourable, the
Countesse of *Kent*, late
deceased.

Whereto are added sever-
al Experiments of the Virtues
of *Gascon ponder*, and *Lapis con-*
stra Tardum, by a Professor
of Physick.

As also most Exquisite waies
of Preserving, Conseruing,
Candying, &c.

The Second EDITION.

LONDON,
Printed by *G. D.* and are to be
sold by *William Shears*, at the Sign
of the Bible in *St. Pauls*
Churchyard, 1655.



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TO THE READER.

Courteous Reader.

Well remembring that we are all born for the weal-pnblike good: I here tender to thy perusall this small, and yet most Excellent Treatise, Entituled, *A choice Manual of Rare and Select Secrets in Physick*: If thereby thou suck abundance of Profit, I shall be superlatively glad, but if any, or perchance many unlooked for mistakes, for want of a due application, bid thee entertain cōtrary thoughts, the effect not answering thy curious expectation, upon a more serious reflex, know, that nothing is absolutely perfect, and withal, that the richest and most soveraign Antidote may be often misapplied: wherefore the fault not being mine, excuse & cease to censure: For which just, & but reasonable favour, thou shalt deservedly oblige me,

Thine. W. Jar.

B

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S

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By

A



of


for



A
Choice Manual,
 OR
 RARE and SELECT
 SECRETS
 IN
 PHYSICK,

By the right Honorable
 the Countesse of KENT.

*A very good medicine for a Consum-
 ption, and Cough of the Lungs.*

 Take a pound of the best Ho-
 ney as you can get, and dis-
 solve it in a Pipkin, then take
 it off the fire, and put in two penni-
 worth of flower of brimstone, and

C

two

2 *A Choice Mannal, or,*

two penniworth of powder of Elecampana, and two penniworth of the flower of Liquorice, and two penniworth of red Rose-water, and so stin them together, till they be all compounded together, and put it into a galle pot, and when you use it, take a liquorice stick beaten at one end, and take up with it as much almost as halfe a Walnut, at night when you go to bed, & in the mornings fasting, or at any time in the night when you are troubled with the Cough, and so let it melt down in your mouth by degrees.

Sr. John Digbies Medicine for the stone in the Kidnies.

Take a pound of the finest Honey, and take seven quarts of Conduit water, set them on the fire, and when it is ready to seeth, scum it, and still as the froth doth rise, scum it, and put in twenty whole Cloves, and let them seeth softly for the space of halfe an hour, and so bottle it up for your use, and drink it morning
and

Rare Secrets in Physick. 3

and evening, & at your meat, & use no other drink untill you are well.

A Medicine for the falling sicknesse.

Take a pennie weight of the powder of gold, six pennie weight of Pearl, six pennie weight of Amber, six pennie weight of Corral, eight grains of Bezar, half an ounce of Pionie seeds: Also you must put some powder of a dead mans scull that hath been an Anatomie, for a woman, and the powder of a woman for a man, compound all these together, and take as much of the powder of all these as will lie upon a two pence for nine mornings together in Endive water, and drink a good draught of Endive water after it.

For Cordials and Restoratives use these things following.

In any faintnesse take three drops of oil of Cinnamon, mixed with a spoonfull of Sirrup of Gilliflowers, and as much Cinnamon water, drink this for a Cordiall.

C 2

Against

4 *A choice Manual, or,*
Against Melancholie.

Take one spoonfull of Gilli-
flowers, the weight of seven barley
corns of Bever-stone, bruise it as
fine as flower, and so put it into
two spoonfulls of Sirrup of Gilli-
flowers, and take it four hours
after supper, or else four hours af-
ter dinner, this will cheer the heart.

If you be sick after meat, use this.

Take of the best green Ginger is
preserved in Sirrup, shred it in small
pieces, put it into a gallie pot, & put
Cinnamon water to it, then after
dinner or supper, eat the quantity of
two nutmegs upon a knifes point.

Aqua Mirabilis.

Take three pints of white wine,
one pinte of *Aqua vitæ*, one pint
of juice of Salendine, one drachm
of Cardamom, a drachm of Mellilot
flowers, Cubebs, a drachm of
Galingal, Nutmegs, Mace, Ginger
and Cloves, of each a drachm,
mingle all these together over night,
the next morning set them a stil-
ling in a glasse Limbeck. *The*

Rare Secrets in Physick. 5

The Vertues.

This water dissolveth swelling of the Lungs, and being perished doth help and comfort them, it suffereth not the blood to putrifie, he shall not need to be let blood that useth this water, it suffereth not the heart burning, nor Melancholy or Flegm to have dominion, it expelleth urine, and profiteth the stomack, it preserveth a good colour, the visage, memorie, and youth, it destroyeth the Palsie.

Take some three Spoonfulls of it once or twice a week, or oftner, morning and evening, first and last.

Another way to make Aqua mirabilis.

Take Galingal, Cloves, Quibs, Ginger, Mellilip, Cardamonie, Mace, Nutmegs, of each a drachm, and of the juice of Saladine half a pint, adding the juice of Mints and Balm, of each half a pint more, and mingle all the said Spices being beaten into a powder with the
C 3 juice

6 *A choice Manual, of,*

juice, and with a pint of good *Aqua vitæ*, and three pints of good white wine, and put all these together into a pot, and let it stand all night being close stopt, and in the morning still it with a soft fire as can be, the still being close pasted, and a cold still.

A Medicine for the Stone in the Kidnies.

Take a good handful of Pellitorie of the wall, a handful of Mead Parsley, or saxifrage, a handfull of wild Thyme, a handfull of garden Parsley, three spoonfuls of Fennel seeds, six Horse Raddish roots sliced, then shred all these together, and put them in a gallon of new milk, and let them stand and steep in a close pot one whole night, and then still them milk and all together, this must be done in *May* or *June*, for then hearbs are in their best state, and when it is taken, you must put to two or three spoonfuls of this water, as much White wine as
Renish

Rare Secrets in Physick. 7

Renish, and if you please a little Sugar, and to take it two dayes before the change, and two dayes after, and two dayes before the full, and two dayes after, continuing taking the same all the year, and the patient undoubtedly shall find great ease, and void many stones, and much gravel with little pain.

To make Horse-Raddish drink.

Take half a pound of Horse-Raddish, then wash and scrape them very clean, and slice them very thin, crosse waies on the root, then put them into six quarts of Rhenish wine, such as is ready for drinking which being put into a Pipe or Alembick, cover'd set on the embers, keeping it little more than blood warm for twelve hours, then take it on the fire, and let it stand to cool untill the next morning, then pour the clear liquor into bottles, and keep it for your use, drinking a good draught thereof in the morning, fasting two hours after, and the like quantity

8 *A choice Manual, or,*

at four in the afternoon, this drink is excellent good against windes, as also for the scouring, and dropsie being taken in time.

An excellent Sirrup against Melancholy.

Take four quarts of the juice of Pearmaines, and twice as much of the juice of Buglosse, and Borrage, if they be to be gotten, a drachm of the best English Saffron, bruise it, and put it into the juice, then take two drachms of Kermes small beaten to powder, mix it also with the juice, so being mixt, put them into an earthen vessel, covered or stopt forty eight hours, then strain it, and allow a pound of Sugar to every quart of juice, and so boile it to the ordinary height of a sirrup; after it is bottled, take one drachm of the spices of Diamber, & two drachms of the spices of *Diamargariton frigidum*, and so sew the same slenderly in a linnen bag, that you may put the same easily into the bottle of sirrup,

Rare Secrets in Physick. 9

rup, and so let it hang with a thread out at the mouth of the bottle; the spices must be put into the sirrup in the bag, so soon as the sirrup is off the fire, whilst it is hot, then afterwards put it into the bottle, and there let it hang: put but a spoonfull or two of Honey amongst it, whilst it is boiling, and it will make the scum rise, and the sirrup very clear.

You must adde to it the quantity of a quarter of a pint of the juice of Balm.

An excellent receipt for the Plague.

Take one pound of green Walnuts, half an ounce of Saffron, and half an ounce of London Triacle, beaten together in a mortar, and with a little *Carduus*, or some such water, vapour it over the fire, till it come to an electuary: keep this in a pot, and take as much as a Walnut, it is good to cure a Fever, Plague, and any infection.

10 *A choice Mantial, or,
An excellent Cordiall.*

Take the flowers of Marigolds, and lay them in small spirit of Wine, when the tincture is fully taken out, pour it off from the flowers, and vapor it away till it come to a consistence as thick as an Electuary.

For a bruise, or Stitch, under the Ribs.

Take five or six handfuls of Cabbage, stamp it, and strain it, after it is boiled in a quart of fair water, then sweeten it with Sugar, and drink of it a wine Glasse, in the morning, and at four in the afternoon, for five or six dayes together: then take a Cabbage leaf, and between two dishes stew it, being wet first in Canary wine, and that lay hot to your side evenings & mornings.

An excellent Receipt for an Itch, or any foul Scabs.

Take Fox-gloves, and boil a handfull of them in posset drink, and

Rare Secrets in Physick. 11

and drink of it a draught at night,
& in the morning, then boil a good
quantity of the Fox-gloves in faire
running water, and annoint the pla-
ces that are sore with the water.

A Receipt good for the Liver.

Take Turpentine, slice it thin,
and lay it on a silver, or Purflane
plate, twice or thrice in the Oven
with the bread till it be dry, and so
make it into powder, every day
take as much as will lie on a six-
pence in an Egg.

*For Flegm, and stopping in the
throat, and stomack. D. r.*

Take oil of Almonds, Saffron
oil, buds of Orange flowers, Boile
all these in Milk, and annoint the
stomack well with it, and lay a
scarlet cloth next to it.

For an extreme cold, and a cough.

Take of Hyssop water six ounces,
of red Poppy water four ounces, six
Dates, ten Figs, and slice them
small, a handfull of Rains of the
Sun, the weight of a shilling of the
powder

12 *A choice Manual, or,*

powder of Liquorice, put these into the aforesaid waters, and let them stand five or six hours upon warm ashes close covered, and not boil, then strain forth the water, and put into it as much sugar of Roses as will sweeten it, drink of this in the morning, & at four of the clock in the afternoon, and when you go to bed.

To distill Triacle water.

Take one ounce of Harts-horn shaved, and boil it in three pints of *Carduus* water till it come to a quart, then take the roots of Elecampane, Gentian, Cipresse, Turmentil, and of Citron rinds, of each one ounce, Borrage, Buglosse, Rosemary flowers, of each two ounces, then take a pound of the best old Triacle, and dissolve it in six pints of white Wine, and three pints of Rose-water, so infuse altogether, and distill it.

It is good to restore spirits, and speech, and good against swooning,

ing faintnesse, agues, and worms,
and the smal pox.

Triacle Water.

Take three ounces of *Venice Triacle*, and mingle it in a quart of spirits of wine, set it in horse-dung four or five daies, then distill it in ashes or sand twice over, after take the bottom which is left in the Still, and put to it a pint of spirit of wine, and set it in the dung till the tincture be clean out of it, and strain the clear tincture out of it, and set it on the fire till it become to be a thick consistence, it must be kept with a soft fire. And so the like with saffron.

To take away a Hoarsnesse.

Take a Turnip, cut a hole in the top of it, and fill it up with brown Sugar-candy, and so roast it in the embers, and eat it with Butter.

To take away the head-ach.

Take the best Sallade oil, and the glasse half full with tops of Poppy flowers which groweth in the
Corn,

14 *A choice Mannal, or,*

Corn, set this in the Sun a fourt-night, and so keep it all the year, and annoint the Temples of your head with it.

For a Cough.

Take Sallade oil, *Aqua vitæ*, and Sack, of each an equall quantity, beat them altogether, and before the fire rub the soles of your feet with it.

To make a Jolly of Harts-horn.

Take a quart of running water, and 3 ounces of Harts-horn scraped very fine, then put it into a stone Jug and set the Jug in a Kettle of water over the fire, & let it boile two or three hours untill it jelly, then put into it three or four spoonfulls of Rose-water, or White-wine, then strain it: you may put into it Musk, or Ambergreice, and season it as you please.

To make a Glister.

Take half a quart of new Milk, or three quarters, set it on the fire, and make it scalding hot, then take

Rare Secrets in Physick. 15

it off, and put into it the yoalk of a new laid Egg beaten, two ounces of brown Sugar-candy, or black Sugar, give it to the party bloud warm.

To make a Glister.

Take the bone of a neck of Mutton, or Veal clean washed, set it on the fire to boil in three pints of fair water, and when it is clean scummed, then put in the roots of Fennel and Parsley clean washed and scraped, of either of them the roots bruised a handfull, of Camomile, and Mallows a handful, let all these boile together till half be wasted, then strain it, take three quarters of a pint of this broth, brown Sugar-candy two ounces, of oil of Flax-seed two ounces, mingle all these together, and take it for a glister bloud-warm, when it is in your body keep it half an hour, or three quarters of an hour, or an hour if you can.

A Comfor-

16 *A choice Mannal, or,
A Comfortable Cordial to chear
the heart.*

Take one ounce of conserve of
flowers, four grains of the
Muske bruised as fine as
powder, then put it into a little tin
pot, and keep it till you have need
to make this Cordial follow-
ing, *Viz.* Take the quantity of
one Nutmeg out of your tin pot,
put to it one spoonfull of Cinna-
mon-water, and one spoonful of the
Sirrups of Gilliflowres, Amber-
greice mix all these together, and
drink them in the morning, fasting
three or four hours, this is most
comfortable.

*A Cordial for wind in the Sto-
mack, or any Part.*

Take six or eight spoonfuls of
Pennyroyal water, put into it four
drops of oil of Cinnamon, so drink
it any time of the day, so you
fast two hours after.

Restoratives.

Take a well flesht Capon from
the

the barn-door, and pluck out his Intrals, then wash it within with a little White-wine, then flea off all the skin, and take out his bones, and take the flesh, onely cut it in little pieces, and put it into a little Stone bottle, and put to it an ounce of white Sugar-candy, six Dates slit, with the stones and piths taken out, one large Mace, then stop the bottle up fast, and set it in a Chafer of water, and let it boil three hours, then take it out, and pour the juice from the meat, and put to it one spoonfull of red Rose-water, and take the better part for your breakfast four hours before dinner, and the other part at three a clock in the afternoon, being bloud-warm.

Another Restorative.

Take half a pint of Claret-wine, and half a pint of Ale, and make a Caudle with a new laid Egg, put in half a Nutmeg, cut into two peices, then take it off the fire, and put in seven graines of Ambergreice

18 *A choice Manual, or,*

greice, drink this for two breakfasts, for it will increase blood and strength.

Another Restorative.

Take two new laid Eggs, and take the whites clean from them, and put the yolks both in one shell, then put in two spoonfuls of Claret-wine, seven grains of Ambergreice small bruised, and a little Sugar-candy, stir all these together, and make them blood-warm, and sup them up for a breakfast three or four hours before dinner.

Another Restorative.

Take a young leg of Mutton, cut off the skin, and the fat, take the flesh being cut into small pieces, and put it into a stone bottle, then put to it two ounces of raisins of the Sun stoned, a large Mace, an ounce and half of Sugar-candy, and stop the bottle very close, and let it boil in a Chafer three houres, and so put the juice from the meat, and keep it in a clean glasse, it will
- serve

serve for three breakfasts, or if he will, he may take some at three a clock in the afternoon being made warm.

A restoring Broath.

Take two ounces of Chene-roots, first slit very thin, then put it in a new Pipkin with five pints of running water, being close covered, and so set it upon embers all night long, where it may be very hot, but not seeth, then put to that water, a great Cock Chicken, and when it is clean scummed, put into it two spoonfuls of French Barley, six Dates slit, with the pithes and stones taken out, two ounces of Raisins of the Sun ston'd, a large Mace, let all these boil together till half be consumed, then take out the Cock, and beat the flesh of it in a clean Morter, and a little of the broth, then strain it altogether throughout a hair Colender, then put in two spoonfuls of red Rose water, and sweeten it with

20 *A choice Manual, or,*
with white Sugar-candy, drink of
this broth being made warm half a
pint in the morning early fasting,
and sleep after it if you can, drink
a good draught at three of the clock
in the afternoon, this broth is very
good for a Consumption, and the
longer they taste it, it is the better.

A strengthening Meat.

Take Potato roots, roast them,
or bake them, then pill them, and
slice them into a dish, put to it
lumps of raw marrow, and a few
Currants, a little whole Mace, and
sweeten it with Sugar to your taste,
and so eat it in stead of buttered
Parsnips.

Broath for a Consumption.

Take three Marrow-bones, break
them in pieces, and boil them
in a gallon of water till half be con-
sumed, then strain the liquor
through a Collender, and let it
stand while it be cold, then take off
all the fat clean, and put the broth
into a Pipkin, and put to it a good
cock-

Rare Secrets in Physick 21

cock-Chicken, and a knuckle of Veal, then put into it the bottome of a white loaf, a whole Mace, two ounces of Raisins of the Sun stoned, six Dates slit, let all these boil together till half be consumed, then strain it, in stead of Almonds take a few Pistaties kernels, and beat them and strain them with your broths as you do Allmond milk, and so sweeten it with white Sugar, and drink half a pint early in the morning, and at three a clock in the afternoon, and so continue a good while together, or else it will do you no good.

Another Cordial.

Take a preserved Nutmeg, cut it in four quarters, eat a quarter at a breakfast, and another in the afternoon, this is good for the head and stomack.

A Cordial for a Breakfast fasting.

Eat a good piece of a Pomection preserved, as big as your two fingers in length and breadth, and so

22 *A choice Manual*, or,
so at three of the clock in the afternoon.

A restoring Breakfast.

Take the brawn of a Capon, or Pullet, twelve Jordan Almonds blanch'd, beat them together, and strain out the juice with a draught of strong broath, and take it for a breakfast, or to bedward.

A Medicine for any gripings of the Belly.

Take a pint of Claret wine, put to it a spoonfull of Parsley seed, and a spoonfull of sweet Fennel seed half a dozen Cloves, a branch of Rosemary, a wild Mallow root clean wash'd and scrap'd, and the pith taken out, with a good piece of Sugar, set this on the fire, and burn the Claret very well with all these things in it, then drink a good draught of it in the morning fasting, and at three a clock in the afternoon.

To keep the Body Limpid.

Take half a pint of running water, put it in a new Pipkin with a cover,

cover, then put into the water two ounces of Manna, and when it is dissolved, strain it, and put to it four ounces of Damask Prunes, eight Cloves, a branch of Rosemary, let all these stew together while they be very tender, then eat a dozen of them with a little of the liquor an hour before dinner or supper, then take a draught of broth and dine.

To make the China Broth for a Consumption.

Take *China* root thin sliced two ounces, steep it twenty four hours in eight pints of fair water, letting it stand warm all the time, being close covered in an earthen Pipkin, or Iron pot, then put to it a good Cockrel, or two Chickens clean dressed, and scum it well, then put in five-leaved grass two handfuls, Maiden-hair, Harts tongue, of either half a handful, twenty Dates sliced, two or three Mace, and the bottome of a Manchet, let all these

24 *A choice Mannal, or,*

these stew together, untill not above one quart remaines, then strain it, and take all the flesh, and sweet bones, beat them in a stone Morter, and strain out all the juyce with the broth, then sweeten it with two ounces of white Sugar-candy in powder, and take thereof halfe a pint at once, early in the morning, warm, and sleep after it if you can, and two houres before supper at your pleasure, when you steep the root, slice two drachms of white Sanders, and as much red Sanders, and let them boyle in the broth.

A gentle Purge.

Take one ounce of Damask Roses, eat it all at one time, fast three quarters of an hour after, then take a draught of Broth, and dine.

Another Purge.

Take the weight of four or five pence of Rubarb, cut it in little pieces, and take a spoonfull or two of good Currans washt very clean, thro

so mingle them together, and so eat them, fast an hour after, and begin that meal with broth, you may take it an hour before if you will.

Broth for a Consumption.

Take a course Pullet, and sow up the belly, and an ounce of the conserves of red Roses, of the conserves of Borage, and Bugles floures, of each of them half an ounce, Pine apple kernels, and Pistaties, of each half an ounce bruised in a Morter, two drachms of Amber Pouder, all mixed together and put in the belly, then boyle it in three quarts of water, with E-grimony, Endive, and Succory, of each one handfull, Sparrow-grasse roots, Fennell roots, Caper roots, and one handfull of Raisins of the Sun stoned, when it is almost boyled, take out the Pullet, and beat it in a stone Morter, then put it into the liquour again, and give it three or four walmes more, then

D

strain

26 *A choice Manual, or,*
strain it, and put to it a little red
Rosewater, and half a pint of white
Wine, and so drink it in a morning,
and sleep after it.

To prevent miscarrying.

Take *Venice Turpentine*, spread
it on black brown paper, the
breadth and length of a hand, lay it
to the small of her back, then give
her to drink a Caudle made of
Mustadine, and put into it the
husks of twenty three sweet Al-
monds dried and finely powdered.

*For Boiles, or Kibes, or to draw a
Sore.*

Take strong Ale, and boyle it
from a pint to four spoonfuls, and
so keep it, it will be an Ointment.

To make Cammomile Oyle.

Shred a pound of Cammomile,
and knead it into a pound of sweet
Butter, melt it, and strain it.

A Receipt for the Plurisie.

Take three round Bails of
Horse dung, boil them in a pint of
white Wine till half be consumed,
then

Rare Secrets in Physick. 27

then strain it out, and sweeten it with a little Sugar, and let the Patient goe to bed and drinck this, then lay him warm.

For an Ague.

Take a pint of Milk, and set it on the fire, and when it boiles put in a pint of Ale, then take off the curd, and put in nine heads of *Carduus*, let it boyle till half be wasted, then to every quarter of a pint put a good spoonfull of Wheat flower, and a quarter of a spoonfull of gross Pepper, and an hour before the fit, let the Patient drinck a quarter of a pint, and be sure to lye in a sweat before the fit.

An excellent Balm for a green Wound.

Take two good handfuls of English Tobacco, shred it small, and put it into a pint of Sallade oil, and seeth it on a soft fire to simmer, till the oile change green, then strain it, and in the cooling put in two ounces of *Venice Turpentine*.

D 2

For

28 *A choice Manual, or,*
For an Ach.

Take of the best Gall, white Wine Vinegar, and *Aquavita*, of each a like quantity, and boil it gently on the fire, till it grow clammy, then put it in a glass or pot, and when you use any of it, warm it against the fire, rub some of it with your hand on the aking place, and lay a linnen cloth on it, doe this mornings and evenings.

To make a Scarcloth.

Virgins Wax, *Sperma Cœti*, *Resinace* Turpentine, oyle of White Poppy, oyle of Ben, oyle of sweet Almonds.

For Wind in the stomack, and for the Splen.

Take a handfull of Broom, and Boyle it in a pint of Beer or Ale till it be half consumed, and drink it for the wind, and the stomack, and for the Splen.

Rare Secrets in Physick. 29

*A most excellent VVaer for a
Consumption and Cough of the
Lungs.*

Take a running Cock, pull him
alive, then kill him, when he is al-
most cold cut him abroad by the
back, and take out the Intrals, and
wipe him clean, then cut him in
quarters, and break the bones, put
him into such a Still as you fill
Rosewater in, and with a pottle of
Sack, a pound of Currans, a pound
of Raisins of the Sun stoned, a
quarter of a pound of Dates, the
stones taken out, and the Dates cut
finall, two handfuls of wild Thyme,
two handfuls of Organs, two hand-
fuls of Pimperbal, and two handfuls
of Rosemary, two handfuls of Lu-
glosse and Borage floures, a pot-
tle of new Milk of a red Cow, still
this with a soft fire, put into the
glass, that the water doth drop into,
half a pound of Sugar-candy beaten
very small, one book of leaf gold
cut small among the Sugar, four

B ;

grains

30 *A choice Mannal*, or,
graines of Amber-greece, twelve
graines of prepared Pearl, you must
minglethe strong Water with the
small, and drink four spoonfuls at a
time in the morning fasting, and an
hour before supper, you must shake
about the glasse when you drink it.

For a Bruise.

Take six spoonfuls of Honey, a
great handfull of Linseed, bruise
these in a mortar, and boyl them in
a pint of Milk an hour, then strain
it very hard, and annoint your
breast and stomack with it every
morning and evening, and lay a
red hose upon it.

*The Eye-water for all the infirmities
and diseases of the Eye.*

Take of the distilled water of
the white wild Rose half a pound,
of the distilled water of Celendine,
Fennel, Eyebright, and Rue, of each
two ounces, of Cloves an ounce and
a half, of white Sugar-candie one
drachm, of *Tutia* prepared four
ounces, pulverise all these ingredi-
ents

Rare Secrets in Physick. 31

ents each by themselves, saving that you must bruise the Camphire with your Sugar-candy, for so it breaks best, then mix all the powders together in a paper, put them in a strong glasse, pour the distilled waters upon them, and three pints of the best French white Wine that can be had, shake it every day three or four times long together for a moneth, and then you may use it: remember to keep it very close stopt. This is *verbatim*, as it was had from the Lord Kelley.

A Medicine very good for the Dropsie, or the Scurvie, and to clear the Bloud.

Take four gallons of Ale, draw from the tap into an earthen Stand, when the Ale is two dayes old, then you must put in four handfuls of Brook line, four handfuls of Watercresses, four handfuls of Water-Mints with red stalkes, half a peck of Scurvy-grasse, let all these be clean picked, and washed, and

D 4 dried

32 *A choice Manual*, or,

dryed with a cloth, and shred with a knife, and then put into a bag, then put in the Ale, and stop it close, so that it have no vent, stop it with Rie paste; the best Scurvy-grasse groweth by the water side: it must be seven dayes after the things be in before you drink it. Take two quarts of water, and put in four ounces of *Guaiacum*, two ounces of Sarsaparilla, one ounce of Saxifrage, put it into a Pipkin, and infuse it upon the embers for twelve houres, and then strain it, and put it into the Ale as soon as it hath done working, this being added makes the more Caudle.

For sore Eyes.

Take half a pint of red Rose-water, put therein four penniworth of Alloe-suckatrina, as much *Bole armoniack* in quantity, let this lie four and twenty houres in steep, then wash your eye with it evenings and mornings with a feather, and it will help them.

*A Sirrup to strengthen the stomack
and the brain, and to make a
sweet breath.*

Take Rindes while they be new
one pound, of running water the va-
lue of five wine pints, then seeth it
unto three pints, then strain it, and
with one pound of Sugar seeth it to
Sirrup, and when you take it from
the fire put to it four graines of
Musk.

For the burning in the Back.

Take the juyce of Plantain, and
Womans Milk, being of a woman
Childe, put thereto a spoonfull of
Resewater, and wet a fine cloth in
the same, and so lay it to your back
where the heat is.

*A very good Medicine to stay the
vomiting.*

Take of Spare-Mints, Worm-
wood, and red Rose leaves dried, of
each half a handfull, of Rye bread
grated a good handfull, boyle all
these in red Resewater, and Vine-
gar, till they be somewhat tender,

D 5

then

34 *A choice Manual, or,*
then put it into a linnen cloth, and
lay it to the ſtemack as hot as you
can endure it, heating it two or
three times a day with ſuch as it
was boyled in.

For weakneſſe in the Back.

Take Nix, and Clary, and the
Marrow of an Oxe back chop them
very ſmall, then take the yolks of
two or three Eggs, and ſtrain them
all together, then fry them, uſe this
ſix or ſeven times together, and after
it drink a good draught of Baſtard
or Muſcadine.

*To make a Cyp for the pain and
coldneſſe in the head.*

Take of Storix, and Benjamine,
of both ſome twelve penniworth,
and bruiſe it, then quilt it in a
brown paper, and wear it behind
on your head.

*To make peſſorall Rowles for a
Cold.*

Take four ounces of Sugar fine-
ly beaten, and half an ounce of ſear-
ced Liquorice, two grains of Muſk,
and

and the weight of two pence of the
Syrup of Licorice, and so beat
it up to a perfect paste, with a little
Syrup of Horehound, and a little
Gum dragon being steeped in Rose
water, then roule them in small
Roules and dry them, and so you
may keep them all the whole year.

For the running of the Reines.

Take the Pitch of an Oxe that
goeth down the back, a pint of red
Wine, and strain them together
through a cloth, then boile them a
little with a good quantity of Cin-
namon, and a Nutmeg, and a little
Mace, a quantity of Ambergriec,
drink this first and last daily.

For Sun-burnt.

Take the jayce of a Lemon, and
a little Bay salt, and wash your
hands with it, and let them dry of
themselves, wash them again, and
you shall find all the spots and
staines gone.

36 *A choice Manual, or,*
For a Pin and Web, and rednesse
in the Eye.

Take a pint of white Rosewater, half a pint of white Wine, as much of *Lapis calaminaris* as a Walnut bruited, put all these in a glasse, and set them in the Sun one week, and shake the glasse every day, then take it out of the Sun, and use it as you shall need

A speciall Medicine to preserve the sight.

Take of brown Fennel, Honey-suckles of the hedge, of wild Daisies roots picked, and washed, and cried, of Pearl-wort, of Eye-bright, of red Roses the white clipped away, of each of these a handfull dry gazlered, then steep all these Hearbs in a quart or three pints of the best white Wine in an earthen pot, and so let it lie in steep two or three dayes close covered, stirring it three times a day, and so still it with a gentle fire, making two distillings, and so keep it for your use.

*Approved Medicine for the yellow
Jaundies.*

Take a pint of Muscadine, a pretty quantity of the inner Bark of a Barberry tree, three Spoonfuls of the greenest goose-dung you can get, and take away all the white spots of it, lay them in steep all night, on the morrow strain it, and put to it one grated Nutmeg, one pennyworth of Saffron dried, and very fine beaten, and give it to drink in the morning.

To make pectoral Rowles.

Take one pound of fine Sugar, of Liquorice and Anniseeds two Spoonfuls, of Elecampane one Spoonfull, of Amber and Corral of each a quarter of a Spoonfull, all this must be very finely beaten and searced, and then the quantity that is set down must be taken, mixe all these powders together well, then take the white of an Egg, and beat it with a pretty quantity of Musk, then take a brazen Morter very well seoured,
and

38 *A choice Mannal, or,*

and a spoonfull or two of the powders, and drop some of the Egg to it, so beat them to a paste, then make them in little rowles, and lay them on a plate to drie.

A Plaister for a sore Breast.

Take crums of White bread, the tops of Mint chopped small, and boil them in strong Ale, and make it like a poultesse, and when it is almost boiled, put in the powder of Ginger, and oil of Thyme, so spread it upon a cloth, it will both draw and heal.

A Medicine for the dead palseie, and for them that have lost their speech.

Take Borage leaves, Marigold leaves, or flours, of each a good handfull, boil it in a good Ale Posset, the Patient must drink a good draught of it in the morning, and sweat, if it be in the arms or legs, they must be chafed for an hour or two when they be greived, and at meale, they must drink of no other drink

drink till their speech come to them againe, and in winter, if the hearbs be not to be had, the seeds will serve.

An approved Medicine for an Ach, or swelling.

Take the floures of Cammomile, and Rose leaves, of each of them alike quantity, and seeth them in white-Wine, and make a Plaister thereof, and let it be laid as hot as may be suffered, to the place grieved, and this will ease the paine and assuage the swelling.

An approved Medicine for a stinking Breath.

Take a good quantity of Rosemary leaves and floures, and boil them in white-Wine, and with a little Cinnamon and Benjamin beaten in powder, being put therein, let the Patient use to wash his mouth very often therewith, and this will presently help him.

A good broth for one that is weak.

Take part of the neck of Lamb, and a prettie running fowl, and set
the n

them on the fire in fair spring water, and when it boileth, scum it well, so done. put in two large Mace, and a few Raisins of the Sun stoned, and a little Fennel root, and a Parsley root, and let them boil, if the party be grieved with heat or cold in the stomack; if heat, put in a handfull of Barley boiled before in two waters, and some Violet leaves, Sorrel, Succory, and a little Egrimonie; if cold, put in Rosemary, Thyme, a Lillie, Marigold leaves, Borrage, and Buglesse, and boil this from four pints to lesse then one.

A Receipt for Purging. D. T.

Take the leaves of new Sene six ounces, of chosen Rubarb one ounce and half, leaves of Sage, red Dock roots of each an ounce, of Barberries half an ounce, Cinnamon and Nutmegs, of each an ounce, Aniseeds and Fennel seeds, of each six drachms, of Tamarisk half an ounce, Cloves and Mace, of each half a drachm, beat them into a
grosse

Rare Secrets in Physick. 41

grosse powder, and hang them in a linnen Bagge, in six gallons of new Ale, so drink it fasting in the morning, and at night.

To comfort the stomack, and help Windinesse and Rheum.

Take of Ginger one penni-worth, Cloves four penni-worth, Mace seven penni-worth, Nutmegs four penni-worth, Cinnamon four penni-worth, and Gallingle two penni-worth, of each an ounce, of Cubebs, Coral, and Amber, of each two drachms, of Fennel-seed, Dill-seed, and Carraway-seed, of each one ounce, of Liquorice and Anniseeds, of each an ounce, all beaten into fine powder, one pound and a half of fine beaten Sugar, which must be set on a soft fire, and being dissolved, the pouders being well mixed therewith till it be stiffe, then put thereunto half a pint of red Rose-water, and mixe them well together, and put it into a gallie pot, and take thereof first in the
morn-

42 *A choice Manual, or,*
morning, and last in the evening, as
much as a good Hasel-Nut, with a
Spoonfull or two of red Wine.

*To make a Callice for a weak Per-
son.*

Take a good Chicken, and a
piece of the neck end of Lamb or
Veal, not so much as the Chicken,
and set them on the fire, and when
they boil and are well scūmed, cast in
a larg Mace, and the pieces of the
bottome of a Manchet, and half a
handfull of French Barlie boiled in
three waters before, and put it to the
Broth, and take such hearbs as the
party requireth, and put them in
when the broth hath boiled half an
hour, so boil it from three and a
half to one, then cast it through a
strainer, & scum off all the fat, so let
it cool, then take twenty good Jor-
dan Almonds, or more, if they be
small, and grind them in a Morter
with some of the broth, or if you
think your broth too strong, grind
them with some fair water, and
strain

strain them with the broth; then set it upon a few coals, and season it with some Sugar, not too much, and when it is almost boiled, take out the thickest, and beat it all to pieces in the mortar, and put it in againe, and it will do well, so there be not too much of the others flesh.

For the Gout.

Take six drachms of Cariacoline fasting in the morning, and fast two houres after it, you may roule it up in a Water, and take it as Pils, or in Sack, as you conceive is most agreeable for the Stomack; this proportion is sufficient for a Woman, and eight drachms for a man, and take it every second day untill you find remedy for it, it is a gentle purge that works onely upon winds and water.

The Poulteffe for the Gout.

Take a penni-loaf of Whitebread, and slice it, and put it in fair water, two Eggs beaten together, a handfull of red Rose leaves, two penni-

44 *A choice Manual, or,*
penni-worth of Saffron dried to
pouder, then take the bread cut of
the water, and boyle it in a quantity
of good Milk, with the rest of the
Ingredients, and apply it to the
place grieved as warm as you can
well indure.

For them that cannot hear.

Put into their eares good dried
Suct.

*A Sovereign water good for ma-
ny Cures and the health of Bodies.*

Take a gallon of good Gascoigne
wine, White or Clarret, then take
Ginger, Galingal, Cardomon,
Cinnamon, Nutmegs, Graines
Cloves, Annise seeds, Fennel seeds,
Carraway seeds, of each of them
three drachms, then take Sage,
Mints, red Rose leaves, Thyme,
Pellitory, Rosemary, wild Thyme,
wild Majoram, Organy, Penny-
mountain, Pennyroyall, Cammo-
mile, Lavender, Avens, of each of
them a handful, then beat the Spices
small, and the Hearbs, and put all
into

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into the Wine, and let it stand for the space of twelve houres, stirring it divers times: Then still it in a Limbeck, and keep the first water by it self, for it is best, then will there come a second water which is good, but not so good as the first; The Virtues of this Water be these, It comforteth the Spirit vital, and preserveth greatly the Spirit vital, and preserveth the youth of man, & helpeth all inward diseases coming of cold, and against shaking of the Pallie, it cureth the contract of Sinnues, and helpeth the conception of the barren, it killeth the worms in the Belly, it killeth the Gout, it helpeth Tooth-ach, it comforteth the stomack very much, it cureth a cold Dropisie, it breaketh the stone in the back, and in the reins of the back, it cureth the Canker, it helpeth shortly the stinking breath, and whosoever useth this water oft, it preserveth them in good liking; this water will be the

46 *A choice Manual, or,*

the better if it stand in the Sun all the Summer, and you must draw of the first water but a pint, and of the second as farre as it will run, untill the whole gallon of Wine and Hearbs be all done out, but the last water is very small, and not half so good as the first; if you do draw above a pint of the best water, you must have all things more as is aforesaid.

To stanch the bleeding of a wound.

Take a Hounds turd, and lay it on a hot coal, and bind it thereto, and that shall stanch bleeding or else bruise a long Worm, and make powder of it, and cast it on the wound, or take the care of a Hare, and make powder thereof, and cast that on the wound, and that will stanch bleeding.

For spitting of blood after a fall or bruise.

Take Bittanie, Vervain, Nose-bleed, and five leaved grassie of each alike, and stamp them in a mortar,

ter, and wring out the juice of them, and put to the juice as much Goats milk, and let them seeth together, and let him that is hurt drink of it seven daies together, till the waxing of the Moon, and let him drink also Osinorie and Cumferie with stale Ale, and he shall be whole.

For to heal him that spitteth bloud.

Take the juice of Bittanie and remper that with good Milk, and give the sick to drink four daies, and he shall be whole.

For to know whether he that hath the Flux shall live or die.

Take a penni-weight of Trefoile seed, and give it him to drink in Wine or Water, and do this three daies, and if it cease, he shall live, with the help of Medicine, if not, he shall die.

For to stanch the bleeding of a Vein.

Take Rue and seeth it in water, and after stamp it in a mortar, and lay it on the Vein, then take Lambs wool

48 *A choice Manual, or,*
wool that was never washed, and lay
that thereon, and that shall stanch
bleeding.

For a Vein that is evill smitten.

Take beans, and peel away the
lack and seeth them well in Vine-
gar, and lay them on the Vein hot
in manner of a Plaister.

For one that pisseth blood.

Take and seeth Garlick in water,
till the third part be wasted away,
let him drink of the water and he
shall be whole.

*For a woman travelling with
child.*

Take and give her Titany to
drink in the morning, and she shall
be delivered without peril, or else
give her Hyfop with water that is
hot, and she shall be delivered of the
child, although the child be dead and
rotten, and anon when she is de-
livered give her the same without
Wine, or bind the hearb Argentine
to her nostrils, and she shall be soon
delivered, or else Polopodie and
Stamp

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stamp it, and lay that on the womans foot in manner of a Plaister, and she shall be delivered quick or dead, or else give her Savourie with hot water, and she shall be delivered.

Against Surfeiting, and digesting.

Take the bottome of a wheaten loafe, and toste it at the fire, till it be very brown and hard, and then take a good quantity of *Aquz vitæ* and put upon the same so tosted, and put it in a single linnen cloth, and lay it at the breast of the Patient all night, and with the help of God he shall recover, and he shall vomit or purge soon after.

A water to comfort weak eyes, and to preserve the sight.

Take a gallon and a half of old wheat fair and clean picked from all manner of soyl, and then still it in an ordinary Still with a soft fire, and the water that comes of it must be put in a glasse, then take half a pound of white Sugar-candy, and bruise it in a mortar to powder, and

E

after

50 *A choice Manual, or,*

after three dayes, when the water hath been in a glasse, then put in the powderd Candy, then take an ounce of *Lapis Tutia* prepared, and put it into the glasse to the rest of the stuffe, then take an ounce of Camphire and break it between your fingers small, and put it into the glass, then stop the glasse close, and the longer it stands the better it will be.

For tender Eyes, or for Children.

Take a little piece of white Sugar Candy, as much as a Chésnut, and put it into three or four spoonfulls of White wine to steep, then take it out againe, and dry it, and when it is dry, bruise it in a clean Morter that must taste of no spice, then put it upon a piece of white paper, and so hold it to the fire that it may be thorough dry, and then scarce it through a little sieve.

For hot Eyes and red.

Take flugs, such as when you touch them will turn like the pumpekin or iwords, a dozen or sixteen, shake

shake them first in a clean cloth, and then in another, and not wash them, then stamp them, and put three or four spoonfuls of Ale to them, and strain it through a dry cloth, and give it the party morning and evening, first and last.

For Cornes.

Take fair water half a pint, Mercury Sublimate, a penni-worth, Alum as much as a Bean, boyle all these together in a glass Stil, till a spoonful be wasted, and alwayes warm it when you use it, this water is also good for any Itch, Tetter, Ringworm, or Wart.

*A Scarfloth for a Sore or Sprain,
or any Swelling.*

Take Vervain seven ounces, of Siros seven ounces, of Camphire three drachms, of oile of Roses ten ounces, let the Wax and the Oyle boil till the Wax be melted, then put in your Siros finely beaten, stirring it on the fire till it look brown; Then put in the Camphire

52 *A choice Manual, or,*
finely beaten, and let it boil two or
three walmes, and then dip in your
clothes.

A Poultice for a Swelling.

Take a good handfull of Violet
leaves, and as much Groundsel, of
Chickweed & Mallows half a hand-
ful, cut all these with a knife, and so
seeth them well in Conduit water, &
thicken it with Barlie meal, being
finely sifted, and so roule it sure,
and lay it to the swelled place, and
shift it twice a day.

*To make a strong Water good for a
Canker, or any old Sore, or to eat
any lump of flesh that groweth.*

Take of Celandine a handful,
of red Sage a handful, and of
Woodbind leaves a handful, shred
all these together very small, and
steep them in a quart of white-
Wine, and a pint of Water,
letting it stand all night, and on the
morrow strain it, and put therein
of Borax nine penni-worth, of
Camphire nine penni-worth, and
of

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of Mercury four penni-worth, and set them on a soft fire, boiling softly for the space of an hour, and when you will use it, warm a little of it, dip it in a cloth, and lay it to the Sore, or in any Cotten.

To heal any Bruise, Sore, or Swelling.

Take two pound of Wax, and two pound of Rosin, and two pound and a half of Butter, and four spoonfuls of Flower, and two good spoonfuls of Honey, put in your Wax, Rosin, and your Butter altogether, boil all these together and clarify it, then put in two ounces of Carmerick, and when it hath thus boiled a quarter of an hour, put a little water in a dish, and put it in, and let it stand till it be cold, and when you will use it, you may melt it on a soft fire, and put in your clothes, and make Searchcloth, & you may spread it plaister-wise to heal any Wound.

54 *A choice Manual, or,*
A Medicine for any wound old or
new.

Take a pint of Sallade oil, and four ounces of Bees Wax, and two ounces of Stone pitch, and two ounces of Rosin, and two ounces of *Venice* Turpentine, and one penny-worth of Frankincense, and a handfull of Rosemary tops, and a handful of Tutson leaves, and a handfull of Plantaine leaves; these Hearbs must be stamped, and the juyce of them put to the things aforesaid, and let them boil together about a quarter of an houre, or thereabouts, this being done, put it into an earthen pot, and when it is cold you may use it as you have occasion, and keep it two year, a most excellent Medicine.

A Medicine for a Wen.

Take black Sope, and unquencht Lime, of each a like quantity, and beat them very small together, and spread it on a woollen cloth, and lay it on the Wen, and it will consume it away.

E or

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For breaking out of Childrens heads.

Take of white-Wine, and sweet Butter alike, and boil them together till it come to a Salve, and so annoint the head therewith.

For to mundifie, and gently to cleanse Ulcers, and to break new flesh.

Take Rosin eight ounces, Colophonia four ounces, *Era*, & *Oliu*, ana. one pound, *Adipis ovini*, *Gum Ammoniaci* *Opopanaci*, ana. one ounce, fine *Eruginis aris*, boil your Wax, Colophony, and Rosin, with the Oil together, then strain the Gums, being first dissolved in Vinegar, and boil it with a gentle fire, then take it off, and put in your *Perli-griee*, and fine powder, and use it according to Art.

A Fomentation.

Take the liquor wherein Nests feet have been boiled, with Butter, and new Milk, and use it in manner of a Fomentation.

56 *A Choice Manual, or,*

*For the falling Sicknesse, or Con-
vulsions.*

Take the dung of a Peacock,
make it into pouder, and give so
much of it to the Patient as will lie
upon a shilling, in Succory water
fasting.

*For a Tetter, proceeding of a salt
humour, in the Breast and
Paps.*

Annoint the sore place with Tan-
ners Owse

For the bloody Flux.

Take the bone of a Gammon of
Bacon, and set it up an end in the
middle of a Charcoale fire, and let it
burn till it looks like Chalk, & that
it will burn no longer, then pouder
it, and give the powder thereof un-
to the sick.

A Plaiſter for all manner of Bruises.

Take one pound of mede Wax, &
a quartern of Pitch, half a quartern
of Galbanum, and one pound of
Sheeps Tallow, shred them, and
seeth them softly, and put them to a
little

little white Wine, or good Vinegar, and take of Frankincense, and Mastick, of each half an ounce in powder, and put it to, and boil them altogether, and still them till it be well relented, and spread this salve upon a mighty Canvas that will over-spread the Sore, and lay it thereon hot till it be whole.

To make Flos Unguentorum.

Take Rosin, *Perrosin*, and half a pound of Virgin Wax, Frankincense a quarter of a pound, of Mastick half an ounce, of Sheeps Tallow a quarter of a pound, of Camphire two drachms, melt that that is to melt, and powder that that is to powder, and boil it over the fire, and strain it through a cloth into a pottle of white-Wine, and boil it altogether, and then let it cool a little, and then put thereto a quartern of Turpentine, and stir all well together till it be cold, and keep it well. This Ointment is good for Sores old and new; it

58 *A choice Manual*, or,

suffereth no corruption in the Wound, nor no evill flesh to be gendered in it, and it is good for head-ach, and for all manner of Imposthumes in the head, and for wind in the brain, and for Imposthumes in the body, and for boyling eares and cheeks, and for sauce-licgm in the face, and for Sinewes that be knit, or stiffe, or sprung with travell; it doth draw out a thorn, or Iron, in what place soever it be, and it is good for biting or stinging of venomous Beasts; it rotteth and healeth all manner of Batches without, and it is good for a Fester, and Canker, and *Noli me Tangere*, and it draweth out all manner of aking of the Liver, and of the Spleen, and of the Mervis, and it is good for aking and swelling of many members, and for all members, and it ceaseth the Flux of Menstrua, and of Emecoides, and it is a speciall thing to make a fumed cloth to heal all manner

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manner of Sores, and it searcheth farthest inward of any Ointment.

An Ointment for all sorts of Aches.

Take Bettony, Caminomile, Celendine, Rosemary, and Rue, of each of them a handfull, wash the Herbs and presse out the water, and then chop or stamp them very small, and then take fresh Butter unwashed and unsalted a quart, and seeth it untill half be wasted, and clarified, then scum it clean, and put in of oyle Olive one ounce, a piece of Virgins Wax for to harden the Ointment in the summer time, and if you make it in the Winter, put into your Ointment a little quantity of Foot-senne instead of the Virgins Wax.

An excellent Syrrup to purge.

Take *Sena Alexandrina* one pound, Polipodium of the Oak four ounces, Sarsaparilla two ounces, Damask Prunes four ounces, Ginger seven drachms, Annise seeds one ounce, Cumminseed halt

60 *A choice Manual*, or,
an|ounce, Carraway seeds half an
cunce, Cinnamon ten drachms,
Aristolechia rotunda, *Peonia*, of each
five drachms, Rubarb one ounce,
Agarick six drachms, Tamarisk
two handfuls, boyle all these in a
gallon of fair water unto a pottle,
and when the liquor is boyled half
away, strain it forth, and then put in
your Rubarb and Agarick in a
clean thin handkercher, and tie it
up close, and put it into the said
liquor, and then put in two pound
of fine Sugar, and boil it to the
height of a Sirrup, and take of it the
quantity of six spoonfuls or more,
or lesse as you find it worketh in
you.

*To make Drink for all kind of
Sursets.*

Take a quart of *Aqua*, or small
Aqua vita, and put in that a good
handfull of Couflip floures, Sage
floures a good handfull, and of
Rosemary floures a handfull, sweet
Majoram a little, Pellitorie of the
wall

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wall a little, Betonie, and Balm, of each a pretty handtull, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennel seed, Anise seed, Coriander seed, Carraway seed, Gromel seed, Juniper berries, of each a drachm, bruise your Spices and Seeds, and put them into your *Aqua* or *Aqua vitæ*, with your Hearbs together, and put to that three quarters of a pound of very fine Sugar, stirre them together, and put them in a glasse, and let it stand nine dayes in the Sun, and let it be stirred every day, it is to be made in *May*, steeped in a wide mouth'd glasse, and strained out into a narrow mouth'd glasse.

A Medicine for the Reins of the Back.

Take Houfleeck and stamp and strain it, then dip a fine linnen cloth into it, and lay it to the Reines of the Back, and that will heal it.

A Medicine for the Ach in the Back.

Take Egrimony, and Mugwort, both leaves and roots, and stamp it
with

62 *A choice Manual, or,*
with old Bores greafe, and temper
it with Honey and Eysell, and lay it
to the Back.

For a Stitch.

Take Roses, and Cammomile,
of each a handfull, and oyle of Ro-
ses, and oyle of Cammomile, of
both together a saucerfull, and a
quantity of Barly flower, boyle all
these together in Milk, and then
take a linnen bag, and put it there-
in, and lay the plaister as hot as
may be suffered where the stitch is.

*To make a Salve for Wounds
that be cankered, and doe burn.*

Take the Juyce of Smallage, of
Morrell, of Waberd, of each alike,
then take the white of Eggs, and
mingle them together, and put
thereto a little Wheat flower, and
stirre them together till it be thick,
but let it come nigh no fire but all
cold, let it be laid on raw to the
sore, and it shall cleanse the wound.

A Medicine for Bone-ach.

Take Brooklime, and Smallage,
and

and Daises, with fresh Sheeps tallow, and fry them together, and make thereof a Plaister, and lay it to the sore all hot.

For Sinews that are shrunk.

Take young Swallows out of the nest, a dozen or sixteen, and Rosemary, Lavender, and rotten Strawberry leaves, strings and all, of each a handfull, after the quantity of the Swallowes, the feathers, guts and all, bray them in a mortar, and fry all them together, with *May Butter*, not too much, then put it into an earthen pot, and stop it close nine dayes, then fry it again with *May Butter*, and fry it well, and strain it well, when you shall use it chafe it against the fire.

A Water for the biting of a mad Dog.

Take Scabios, Matfiline, Yarrow, Nightshade, wild Sage, the leaves of white Lillies, of each a like quantity, and still them in a common Still, and give the quantity

64 *A choice Mannal*, or,
tity of three or four spoonfuls of the
Water mingled with half a spoon-
ful of Triacle, to any man or beast
that is bitten, within three dayes
after the biting, and for lack of the
Water, take the juyce of these
Hearbs mingled with Triacle, it
will keep the sore from rankling;
take Dittany, Egrimony, and rusty
Bacon, and beat them fine together,
and lay it unto the wound, and it
will keep it from rankling.

*A proved Medicine for any one
that have an Ague in their breast.*

Take the Patients own water, or
any others that is very young, and
set it over the fire, put therein a good
handful of Rosemary, and let it
boyle, then take two red clothes, and
dip them in the water, then nip it
hard, and lay it on the breast as hot
as it may be indured, and apply it
till you see the breast asswaged, then
keep it very warm.

To kill a Felon.

Take red Sage, white Scpe, and
bruise

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bruise them, and lay it to the Fellon, and that will kill it.

To break a Fellon.

Take the grounds of Ale, and as much Vinegar, the crumbs of leavened bread, and a little Honey, and boyle them altogether till they be thick, and lay that hot to the joynt where the Fellon is, and that will heal it.

Doctor Stevens Sovereign Water.

Take a gallon of good Gascoign Wine, then take Ginger, Gallinagall, Cancell, Nutmegs, Graines, Cloves, Anniseeds, Carraway seeds, of each a drachm, then take Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Cammomile, Lavender, of each one handfull; then bray both the Spices and the Hearbs, and put them all into the Wine, and let them stand for twelve houres, divers times stirring them. then still that in a Limbeck, but keep that which you still first by it self, for that

66 *A choice Manual*, or,
that is the best, but the other is good
also, but not so good as the first.

The Vertues of this water are
these; It comforteth the spirits Vi-
tall, and helpeth the inward diseases
which come of cold, and the sha-
king of the Palsie, that cureth the
contraction of sinnews, and helpeth
the conception of women that be
barren, it killeth Wormes in the
body, it cureth the cold Cough, it
helpeth the tooth-ach, it comforteth
the stomack, it cureth the cold
Drop sic, it helpeth the Stone, it
cureth shortly the stinking breath,
and who so useth this water e-
nough, but not too much, it pre-
serveth him in good liking making
him young.

Doctor Willoughbies Water.

Take Gallinall, Cloves, Cu-
bebs, Ginger, Melilot, Cardamome,
Mace, Nutmegs, of each a drachm,
and of the juyce of Celendine half
a pint, and mingle all these made in
pouder with the said juyce, and
with

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with a pint of good *Aquavita*, and three pints of good white Wine, and put all these together in a still of glasse, and let it stand so all night, and on the morrow still it with an easie fire as may be.

The V. rue is of secret nature, it dissolveth the swelling of the Lungs without any grievance, and the same Lungs being wounded or perished it helpeth and comforteth, and it suffereth not the blood to putrefie, he shall never need to be let blood that useth this Water, and it suffereth not the heart to be burnt, nor melancholy or flegm to have dominion above Nature, it also expelleth the Rheum, and purifieth the stomack, it preserveth the visage and the memory, and destroyeth the Palsie, and if this Water be given to a man or woman labouring toward death, one spoonfull relieveth: In the Summer time, use once a week fasting the quantity of of one spoonful, and in Winter two spoonfuls. *A*

68 *A choice Manual, or,
A Medicine for them that have a
pain after their child-bed.*

Take Tar, and fresh Barrows grease, and boil it together, then take Pigeons dung, and fry it in fresh grease, and put it in a bag.

For the drink: Take a pint of Malmsey and boil it, and put Bay berries and Sugar in it, the Bay berries must be of the whitest, and put therein some Sanders.

Take some fair water, and set it over the fire, and put some ground Malt in it, when they use these things they must keep their bed.

For running of the Reines.

Take Venice Turpentine rouled in Sugar and Rosewater, swallow it in pretty rouses, and put a peice of Scarlet warm to your back.

For Codd's that be swollen.

Stamp Rue, and lay thereto.

To draw an Arrow head, or other

Iron out of a wound.

Take the juyce of Valerian, in
the

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the which you shall wet a Tent, and put it into the wound, and lay the same Hearb stamped upon it, then your band or binding as appertaineth, and by this meanes you shall draw out the Iron, and after heal the wound as it requir-eth.

A Plaister for a green wound.

Take Flower and Milk, and seeth them together till it be thick, then take the white of an Egg, and beat them together, and lay it to the wound, and that will keep it from rankling.

For a Lask.

Take an Egg, and *Aqua vita*, and boil it with the Egg till it be dry; then take Cinnamon and Sugar and eat with the Egg.

For him that hath a bunch or knot in his head, or that hath his head swollen with a fall.

Take one ounce of Bay Salt, raw Hon-y three ounces, Turpentine two ounces, intermingle all
-this

70 *A choice Manual, or,*
this well upon the fire, then lay it
abroad upon a linnen cloth, and
thereof make a plaister, the which
you shall lay hot to his head, and it
will altogether assuage the swelling,
and heal it perfectly.

*Against the biting of any venomous
Beast.*

As soon as the person feeleth
himself bit with any venomous
Beast, or at least, as soon as is possi-
ble, let him take green leaves of a
Fig-tree, and presse the milk of
them three or four times into the
Wound: And for this also ser-
veth Mustard seed mingled with
Vinegar.

*A perfect Remedy for him that is
fore wounded with any sword or
Staffe.*

Take *Taxus barbatus* and stamp
it, and take the juyce of it, and if the
Wound bleed, wipe it and make it
clean, washing it with white Wine
or Water, then lay the said juyce
upon the Wound, and the Hearb,
whercof

whereof you take the juyce, upon it, then make your band, and let it abide on a whole day, and you shall see a wonderfull effect.

A Bag to smell unto for Melancholly, or to cause one to sleep.

Take dry Rose leaves, keep them close in a glasse which will keep them sweet, then take pouders of Mints, pouders of Cloves in a grosse pouders, and put the same to the Rose leaves, then put all these together in a bag, and take that to bed with you, and it will cause you to sleep, and it is good to smell unto at other times.

For spitting of blood.

Take the juyce of Bettony tempered with Goats Milk, and drink thereof three or four mornings together.

An Ointment for all Sores, Cuts, Swellings, and Heat.

Take a good quantity of Smal-lage, and Mallowses, and put thereto two pound of Bores grease, one pound

72 *A choice Mannal, or,*
pound of Butter, and oil of Neats-
foot a quantity, stamp them well
together, then fry them, and strain
them into an earthen pot, and keep
it for your use.

A Salve for a new Hurt.

Take the whitest Virgins Wax
you can get, and melt it in a pan,
then put in a quantity of Butter
and Honey, and seeth them toge-
ther, then strain them into a dish of
fair water, and work it in your
hands, and make it in a round ball,
and so keep it, and when you will
use it, work some of it between your
hands, and strike it upon a cloth,
and lay it upon the Sore, and it will
draw it and heal it.

*Against the biting of a mad Dog,
and the rage or madnesse that
followeth a man after he is
bitten.*

Take the Blossomes or Floures
of wild Thistles dried in the shade,
and beaten to powder, give him to
drink of that powder in white Wine
half for

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half a Walnut shell full, and in thrice taking it he shall be healed.

Against the grief in the Lungs, and Spitting of Blood.

Take the Hearb, called of the Apoheary *Ungula Caballina*, in English Colts-foot, incorporate it well with the Lard of a Hog chopped, and a new laid Egg, boyle it together in a pan, and give it the Patient to eate, doing this nine mornings you shall see a marvelous thing, this is also good to make a man fat.

Against Spitting of Blood by reason of some vein broken in the Breast.

Take Mise-dung beaten into powder as much as will lye upon a gróat, and put it in half a glosse full of the juyce of Plantain with a little Sugar, and so give the Patient to drink thereof in the morning before breakfast, and at night before he goes to bed, continuing the same, it will make him whole and half sound.

℞

℞ or

74 *A choice Manual, or,*
For to cleanse the Head.

Take Pellitory of Spain, and chew the roots three dayes, a good quantity, and it will purge the head, and doe away the ach, and fasten the teeth in the gums.

A good Remedy against the Plurisie.

Open a white Loaf in the middle new baked, and spread it well with Triacle on both the halves on the crown side, and heat it at the fire, then lay one of the halves on the place of the disease, and the other half on the other side of the body directly against it, and so bind them, that they loose not, nor stirre, leaving them so a day and a night, or untill the Imposthume break, which I have sometimes seen in two houres or lesse, then take away the bread, and immediately the Patient will begin to spit and void the putrefaction of the Imposthume, and after he hath slept a little, yee shall give him meat, and with the help of

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of God hee shall shortly heale.

For a Pin or VVeb in the Eye.

Take two or three Lice out of ones head, and put them alive into the eye that is grieved, and so close it up, and most assuredly the Lice will suck out the Web in the eye, and will cure it, and come forth without any hurt.

A Remedy to be used in a fit of the Stone when the water stops.

Take the fresh shells of Snails, the newest will look of a reddish colour, and are best, take out the Snails, and dry the shells with a moderate heat in an oven after the bread is drawn; likewise take Bees and dry them so, and beat them severally into powder, then take twice so much of the Bees powder as the Snails, and mix them well together, keep it close covered in a glasse, and when you use it, take as much of this powder as will lie upon a sixpence, and put it into a quarter of a pint of the stilled water of

76 *A choice Manual, or,*

Bean floures, and drink it fasting, or upon an empty stomach, and eat nor drink nothing for two or three houres after

This is good to cause the party to make urine, and bring away the gravell or stone that causeth the stopping, and hath done very much good.

A Syrrup for the pain in the stomach.

Take two good handfuls of young Rue, boyle it in a quart of good white Wine Vinegar till it be half consumed, so soon as it is thorough cold, strain it, and put to every pint of the liquour a pound and a quarter of loaf-Sugar, and boyle it till it come to a Syrrup, when you use it, take a good spoonfull of this in the morning fasting, and eat nor drink nothing for two or three houres after, it is good for pain in the stomach that proceeds of windy vapours, and is excellent good for the Lungs, and obstructions of the breast.

Re-

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*Receipts for Bruises, approved by
the Lady of Arundell.*

Take black Jet, beat it to powder, and let the Patient drink it every morning in beer till he be well.

Another for the same.

Take the sprigs of Oak trees, and put them in paper, roast them, and break them, and drink as much of the powder as will lye upon a sixpence every morning, untill the Patient be well.

To cause easie Labour.

Take ten or twelve dayes before her looking six ounces of brown Sugar-candy beaten to powder, a quarter of a pound of Raisins of the Sun stoned, two ounces of Dates unstoned sliced, half an ounce of Annise seeds bruised, a quarter of an ounce of Couflip Fleures, one drachm of Rosemary Houres, put these in a fine lawn bag with a flint-stone, that it may sink into a pottle of white Wine, let it steep

78 *A choice Manual, or,*

four and twenty houres, and after take of it, in the morning, and at four in the afternoon, and in the evening, the quantity of a wine-glasse full.

A Cordiall for the Sea.

Take one ounce of Syrrup of Clove-Gilliflowres, one drachm of *Confectio aliberris*, one ounce and a halfe of Bourag water, and the like of Mint water, one ounce of Mr. Mountford's water, and as much of Cinnamon water, temper all these together in a Cordiall, and take a spoonfull at a time when you are at Sea.

A Plaister to strengthen the Back.

Take eight yolkes of Eggs new laid, one ounce of Frankincense beaten into fine powder, mingle them well together, put in as much Barley flower as will make it thick for a plaister, spread it on leather, lay it to the small of the back, letting it lye nine houres, use four plaisters one after another, you must

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must slit the plaister in the midst,
so as it may not lye on the back
bone.

*A present Remedy for a woman
with child, that hath taken harm
by fall, or fright, or any mis-
chance.*

To stay the Child and strength-
en it, take one ounce of Pickerell
jaws, fine beaten and searfed, of
Dates stones, and *Bolc armoniac*,
of each one ounce, of *Sanguis draco-
nis* half an ounce, give of these, be-
ing well searfed and mingled to-
gether, a French Crown weight in
Muskadine or Malmsey, and let the
woman keep her very warm.

For a weak Back.

Take of red Lead half a pound,
of white Lead half a pound, boyle
these in three pints of Sallade oyle
in a Pipkin, stirring them conti-
nually with a piece of Iron, untill
it be of a gray colour, then roule
it up in roulees, and keep it for your
use.

Oyle of Saint Johns Wort.

Take a quart of Sallade oyle, put thereto a quart of the flours of Saint *Johns wort* well picked, let them lye therein all the year till the seeds be ripe, the glasse must be kept warm, either in the Sun, or in water all the Summer untill the seeds be ripe; then put in a quart of Saint *Johns wort* seeds whole, and so let it stand twelve houres then you must seeth the oyle eight houres, the glasse being kept open, and the water in the pot full as high as the oyle is of height in the glasse, then when it is cold strain it, that the seeds may remain not in the oyle, and then put up the oyle for your use.

A green salve for an old Sore.

Take a handfull of Groundsell, as much Housleek, of Marigold leaves a handfull, pick and wipe these Hearbs clean, but wash them not, then beat all these Hearbs in a wooden bowl as small as is possible, then strain out all the juyce, and put

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put in a quantity of Hogs grease, as much as two Eggs, beat all these together again, and then put in the juyce again, and put in ten Eggs, yolkes and whites, and five spoonfulls of English Honey, and as much Wheat flower as will make all this as thick as a salve, and so stire it very well together, and put it close up in a pot that it take no aire, and so keep it for your use.

A most excellent Powder for the Collick and Stone.

You must take it morning and evening before you goe to bed, *Sperma cati* one ounce and half, Cloves and Mace one quarter of an ounce, Annise seeds, and *Perstone*, of each two ounces, Cinnamon, and small Pepper, of each one quarter of an ounce, Date stones a quarter of an ounce, Liquorice, Fennell, red Sage, Bay berries, of each three quarters of an ounce, Accornes one quarter and half of an ounce, Lilly roots two drachms,

82 *A choice Manual, or,*

the white of Oyſter ſhells burned in the fire one quarter of an ounce; beat all theſe into fine powder, and drink as much thereof in Ale or Beer, as will lye on a ſixpence, and faſt one hour or two after it: If the party before grieved, take one handful of Pariſely, and ſeeth it in Ale untill half be ſod away, with twenty or thirty Prunes therein ſtrain'd, and put thereto two ſpoonfuls of this powder, and drink it mornings and evenings ſomewhat warm.

*A preſent Remedy for the running
of the Reines*

Take an ounce of Nutmegs, half an ounce of Maſtick, then ſlice the Nutmegs, and put them in ſteep in Roſe Vinegar all one night, then lay them in a diſh to dry before the fire, then take the Maſtick and lay it in Papers, and beat it with a hammer very ſmall, and put a little Corraill well beaten unto it, and as much Ambergriee,
then

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then mingle these things together with Sugar, and make it pleasant to eat, and so take a good quantity morning and evening.

A Salve for a green Wound.

Take two handfuls of Water Dittany, two handfuls of Rosemary shred very small, a quarter of a pint of Turpentine, half a pound of yellow Wax, a quart of Sallade oil, half a pint of white Wine, boyle all these together while the white Wine be quite consumed, then it w^{ill} be green, and come to the height of a Salve.

A proved Medicine for a burning or scalding by lightning or otherwise.

Take Hogs grease, or Sheeps Treacles, and Alehoof, beat these very well together, then take more Hogs grease and boil it to a Salve.

To use it.

Annoint the place grieved with this Ointment, and then lay upon the sore so annointed Colewort leaves,

84 *A choice Manual, or,*

leaves, which must be boyled very soft in water, and the strings made smooth, with beating them with a Pestle.

*A Powder for the green Sicknesse,
approved with very good successe
upon many.*

Take of Cloves, Mace, Nutmegs, of each one quarter of an ounce, beat them severally, and then altogether very well, fine Sugar very small beaten one quarter of a pound, and then mix and beat them all four together, Pearl the sixt part of half an ounce finely beaten, mingle it with the rest, and beat them altogether again, the filing of Steel or Iron one ounce and a quarter, sift it very fine, and mingle it with the rest, but if so small a quantity will not serve, adde a quarter more of the mettall, let it be sifted before you weigh it, but if all this will not serve the turn, put in a little Rubarb, or a little Aloe succatrina.

The

The manner of using this powder.

In the morning when you rise take half a spoonfull of it, as much at four a clock in the afternoon, and as much when you goe to bed, walk or sitte much after the first takings of it, I mean every morning and evening, fast one hour after the taking of it, or more, and then eat some Sugar-sops or thin broth.

The Patients Diet.

She must forbear Oatmeal in broth or any other thing, Cheese, Eggs, Cullards, or any stopping meat. Take care that this be not given to any woman that hath conceived, or is with child.

A Drink to stanch bloud inwardly.

Take the juyce of one handfull of Shepherds purse, of Parsley, and Five-finger, of each as much, take five slips of Egrimony, strain all these juyces into the milk of a red Cow, and drink thereof early and late warm.

86 *A choice Manual, or,*

*A pouder to keep the Teeth clean,
and from worm-eaten.*

Take Rosemary burned to ashes,
Cuttsles Bone, Harts-horn burned
to pouder, *Sal gemma* twelve penny
weight, the floures of Pomegra-
nets, White Corall, of each six
penny weight, make all these in
pouder, an (with a little Rosewater
and a Sage leaf rub the Teeth.

*A Salve to heal all manner of Sores
and Cuts.*

Take one pint of Turpentine,
one pint of Oyle olive, a quarter of
a pint of running water, nine bran-
ches of Rosemary, one ounce of
unwrought Wax, two ounces of
Rosin, sceth all these together in a
little pan over the fire, let it sceth
untill there arise a little white scum
upon it, then stirre it with a stick,
suffering it to boyle untill one quar-
ter be consumed, then take it from
the fire, strain it through a course
cloth, but it must be done quickly
after it be taken from the fire for
cooling,

cooling, after you have strained it into an earthen pot, let it cool, and keep it for your use.

To make Oil of Sage, good for the grief in any joint, or for any ach.

Take Sage and Parsley, seeth them in the oil Olive, till it be thick and green.

A Medicine to purge and amend the Heart, Stomach, Spleen, Liver, Lungs, and Brain.

Take Alexander, Water cresses, young Mallows, Borage, and Fennel roots pared, Mercurie, Harts-tongue, and Clarie, and make of this Pottage.

To drive infectious Diseases from the Heart.

Take Mithridate, and Centurie, of each two ounces, eight spoonfuls of Dragon water, one pint of white Wine, seven spoonfuls of *Aqua vi-ta*, boil all together a little, strain it, then set it on the fire againe a little while, and drink of it morning, and evening.

88 *A choice Manual, or,*
For the Tooth-ach.

Take Pepper, and Grains, of each one ounce, bruise them, and compound them with the water of the diseased, and make it of a good thicknesse, and lay it outwards on the cheek, against the place grieved, and it will help it for ever after.

Another.

Take dried Sage, make powder of it, burnt Allum, Bay Salt dried, make all in fine powder, and lay it to the tooth where the pain is, and also rub the gums with it.

For the Strangullion or the Stone.

Take the inner rind of a young ash, between two or three years of growth, dry it to powder, and drink of it as much at once, as will lie on a sixpence in Ale or white-Wine, and it will bring present remedy: The party must be kept warm two hours after it.

For the Stone.

Take the stone that groweth within the gall of an Oxe, grate it, and
drink

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drink of it in white Wine, as much as will lie upon a sixpence at once, for want of white Wine make a posset of Ale, and clarify the Ale from the curd, then heil one handful of Pellitorie therein, and drink of the powder with it.

For the black Jaundies

Take earthen Wormes, wash them in white Wine, then dry them, and beat them into powder, and put to a little Saffron. and drink it in beer.

A drawing Salve for an old Sore.

Take Rosin half a pound beaten to powder, Sheeps tallow, one quarter of a pound, melt them together, and pour them into a Basin of water, and when they begin to coole a little, work them well with your hands in the water, and out of the water drawing it up and down the space of one hour till it be very white then make it up in rouls, and reserve it to strike thin Plaisters upon old Sores.

A Wa-

90 *A choice Manual, or,
A Water to wash Sores withall.*

Take Wormwood, Sage, Plantaine leaves, of each one handfull, Allium two ounces, Honey two lawdels full, boile all these together in three pints of water, till half be consumed, then straine it, and reserve that liquor to wash the sore withall.

A Medicine to cure the Garget in the Throat.

Take a pint of May butter, and put it on the fire in a posnet, and put into it of the inner bark of Elder one good handfull, and some Daisie roots, leeth it to half the quantity, and strain it, and to keep it cool, take this ointment and annoint your throat, then take the ointment, and strike a long plaister with it very thick of the ointment, then strike upon the ointment the best Jane Triacle, and upon that strew grosse Pepper very thick, strike it on with a knife, warme the plaister, and bind it round your throat to
your

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your ears, renew it once a day with the ointment, and the Triacle and Pepper, and lay it on againe; Before you use this ointment scour the mouth and throat with the powder of Roch Allum burned, mix it with the powder of Madder or Pepper.

For the Hearing.

Take one Onyon, take the core out of it, fill it with Pepper, slice it in the middle, being first wrapt in Paper, and rosted in the Embers, lay it to each ear.

For a dead Child in a Womans Body.

Take the juice of Hyssop-temper it in warm water, and give it the Woman to drink.

For a Woman that hath her Flowers too much.

Take a Hares foot, and burn it, make powder of it, and let her drink it with stale Ale.

A Medicise for the Gout.

Take Tetberrie roots, and wash and scrape them clean, and slice them

92 *A choice Manual, or,*

them thin, then take the greafe of a Barrow h^g, the quantity of either alike, then take an earthen pot, then lay a lane of greafe in the bottom, then a lane of roots, then the greafe againe, and so roots and greafe till the pot be full, then stop the pot very close, and set it in a dunghil one and twenty daies, then beat it altogether in a boul, then boil it a good while, then strain it, and put in a penni-worth of *Aqua vitæ*, then annoint the place griev'd very warm against the fire.

A Diet drink for the running Gout, ach in the joynts, and for all infections.

Set seven quarts of Water on the fire, and when it boileth, put therein four ounces of *Sarsaparilla* bruised, and let it boil two hours very softly, close stopped or covered, then put in four ounces of Sene, three ounces of Liquorice bruised, of *Stæcalos*, *Hermoadill*, *Epithymum*, and of *Cammomile* flours,
of

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of every one half an ounce, and so boil all these two hours very softly, then strain it and keep it in a close vessel close stopped: when it is cold, then boil again all the aforesaid ingredients in seven quarts of water, four hours with a soft fire close covered, then strain it and keep it as the other by it self, and take of the first a good draught one hour before you arise in the morning, and a draught at the beginning of dinner, and another at supper, and going to bed, and at all other times, drink of the latter when you list, and eat no meat but drie roasted Mutton, Capon, Rabbet, without Salt, and not basted, but to your Breakfast, a peched Egg, no bread but Bisket, or dried crust, and at night Raisins of the Sun, and bisket Bread, drink no other drink but this.

A Plaister to heal any Sore.

Take of Sage, Herb-grace, of each a like quantity, Ribwort, Plantaine

94 *A choice Manual.* or,
tain, & Daisie roots, more than half
so much of each of them, with
Wax, Oile grease, and Resin make
it a Salve, if the flesh grow proud,
then put awois upon the plaister,
before you lay it to the sore, burnt
Allum, and it will correct the
flesh.

*To cause a woman to have her sick-
ness.*

Take Eggrimonie, Motherwert,
Avens, and Parsley, shred them
small with Oatmeal, make Pottage
of them with Pork, let her eat the
the Pottage, but not the Pork.

For the Stone.

Take the green Weed of the Sea,
which is brought with Oysters, wash
it and dry it to powder, drink it with
Malmsey fasting.

To kill Wormes.

Take *Aloe succarina* two ounces,
let it stand in a quart of Malmsey
eight hours, drink it morning and
evening.

For

For a hot Rheum in the head.

Take Rosewater, Vinegar, and Sallade Oil, mix them well together, and lay it to the head warm.

For a Lask.

Take the nether jaw of a Pike, seeth it to powder and drink it.

For an Itch or dry scurf of the Body.

Take Elecampane roots or leaves, stamp them and fry them with fresh grease, strain it into a dish, and annoint the Patient.

For one that is bruised with a fall.

Take Horse dung, and Sheeps suet, boil them together and apply it to the same place, being laid upon a cloth.

For the Emoroids.

Take Hops and Vinegar, frie them together, and put it into a little bag, and lay it as hot as it may be endured to the Fundament, divers bags one after another, and let one continue at it.

For

96 *A choice Manual, or,*

*For one that is burned with Gun-
powder, or otherwise.*

Take one handfull of Ground-
sel, twelve heads of Houseleek, one
pint of Goose dung, as much Chick-
ens dung, of the newest that may be
gotten, stamp the Herbs as small
as you can, then put the dung into
a mortar, temper them together with
a pottle of Bores greace, labour
them together half an hour, and
strain it through a Canvas bag with
a clef stick into an earthen pan, and
use it when need requireth, it will
last two year.

*To heal a prick with a Nail or
Thorn.*

Take two handfulls of Salendine,
as much Opopon, cut it small, and
beil it with oil Olive, and un-
wrought Wax, then strain it and
use it.

*To stop the bleeding of a Cut or
Wound.*

Take Hop, stamp it, and put
it into the wound, if hop will not

do it, then put to it Vinegar with the Hop.

For a Scald.

Take the leaves of ground Ivie, three handfuls, Hottlack one handfule, wash them and stamp them in a stone Morter very small, and as you stamp them put in one pint of Cream by little and little, then strain it, and put it in a pot with a feather, take of this and annoint the scalded place, and then wet a linnen cloth in the same ointment, and lay it on the place, and over that roul other clothes.

An Ointment for a Tetter.

Take *Sal armoniack* one ounce, beat it into fine powder, then mix it with Sope, and fresh Grease, of each two ounces, make an ointment, and annoint the place.

For the singing in the head.

Take one Onyon, cut out the core, and fill that place with the powder of Cummin, and the juice of Rue, set on the top again, and

98 *A choice Manual, or,*

roast the Onyon in embers, then put away the out-side, and put it in a cloth, wring out the juice, take black Wooll and dip it in, put this in thine ear where the ringing is, and if it be on both sides, then serve one after another.

A Drink for one that is weak, and misdoubting a Consumption.

Take three handfuls of Rosemary, bruise it a little, and close it in paste, bake it in an Oven untill it be well dryed, then cut the paste, and take forth the Rosemary, infuse it in two quarts of Claret Wine, with 2 ounces of good Triacle, one ounce of Nutmegs, of Cinnamon, and Ginger, of each half an ounce bruised, let them stand infused two nights and one day, then distill it in a Limbeck, drink hereof one spoonful or two next your heart.

A Drink for the Plague.

Take red Sage, Hearb-grace, thar Elder leaves, red Briar leaves, of nine each one handfull, stamp them and as
strain

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strain them with a quart of white Wine, and then put to it *Aqua vite* and Ginger, drink hereof every morning one spoonful, nine mornings together, & it will preserve you.

For a Bruise or Stinch.

Take the kernels of Walnuts and small nuts, Figs, Rue, of each one handful, white Salt the quantity of one Walnut, one race of Ginger, one spoonful of Honey, beat them altogether very fine, and eat of it three or four times every day, make a plaister of it, and lay it to the place grieved.

A Drink for one that hath a Rupture.

Take Comfery one good handful, wild Daisie roots as much, and the like of knotted grasse, stamp all these together, and strain it with Malmsey, and give it to the Patient to drink morning and evening nine daies bloud-warm : If it be a man that hath been long so, he must lie nine daies upon his back, and stir as little as he can : If he be a child

100 *A choice Manual, or,*

child, he must be kept so much lying as you may for nine daies; if you think the drink too strong for the child, give it him but five daies in Malmsey, and the rest in stale Ale; have care that the party have a good Trusse, and keep him trussed one whole year at the least.

A Plaster for a Rupture.

Take the juice of Comfery, wild Daisie roots, and knotted Grasses of each a like quantity, fresh butter & unwrought Wax, of each a like quantity, clarify them severally, then take of the root of Comfery, dry it, and make powder of it, take the powder of Annise seed, and Cummin seed, but twice as much Cummin seed as Annise seed, boil these powders in the Butter and unwrought wax, on a soft fire, a good while, then put in your juice, let it boil a walm or two, so take it from the fire, stir it altogether till it be cold, take hereof, & spread it, and lay it to the Codd as hot as he can suffer it, and

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and use this till he be whole : this plaister is most excellent for a Child that is burst at the Navil.

GRATIOSA CURA.

A Water for a Cut or Sore.

Take Honeysuckles the knots nipt off, floures of Celendine, flowers of red Sage, of each three spoonfuls, Five-finger, Camphery such as is to knit bones, Daisies with the roots thereon, Ladder of Heaven, blossomes of Rosemary, Setwell, Hearb-grace, Smalledge, red Roses with the knots on, or else red Rose-cakes, Adders-tongue, of each of these one handfull, seeth all together in six gallons of water that runneth towards the East, untill two gallons be sed in, then strain them, and put to the water three quarts of *English* Honey, one pound of Roch Allum, one penniworth of Madder, one penniworth of long Pepper, seeth all together untill one gallon be consumed, then cleanse the water.

102 *A choice Manual, or,*
For the VVind-Collick.

Take the floures of Wallnuts,
and dry them to powder, and take of
them in your Ale, or Beer, or in your
Broth, as you like best, and it will
help you.

*To make a soveraign Oil of a Fox,
for the nummed Palsie.*

Take a Fox new killed, cased,
and bowelled, then put into the bo-
dy, of Dill, Mugwort, Cammo-
mil, Campits, Southernwood, red
Sage, Origanum, Hop, *Stead*,
Rosemary, Costmary, Cowslip
floures, Balm, Bettony, sweet-Ma-
joram, of each a good handfull,
chop them smal, and put thereto of
the best oil of Castor, Dill, and
Cammomil, of each four ounces,
mix the Hearbs and Oils together,
and strew over them *Aphronitum* a
good handfull, put them all into the
Fox, and sew up his belly close, and
with a quick fire roast him, and
the Oil that droppeth out is a most
singular Oil for all Palsies or num-
nelle. Approved.

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To comfort the Brain, and procure sleep.

Take brown bread crumbs the quantity of one Waime, one Nutmeg beaten to powder, one drachm of Cinnamon, put these into a Napkin, with two spoonfulls of Vinegar, four spoonfulls of Rosewater, and one of womans milk.

For the weaknesse in the Back.

Take the Pith of an Oxe back, put it into a pottle of water, then seeth it to a quart, then take a handfull of Comphelly, one handfull of knotted grasse, one handfull of Shepherds purse, put these into a quart of water, boil them unto a pint, with six Dates boiled therein.

For a Canker in any part of the Body.

Take Filberd Nut leaves, Lavender-cotton, Southernwood, Wormwood, Sage, Woodbine leaves, sweet-Bryar leaves, of each

104 *A choice Manual*, or,
a like quantity, of Allum, and Ho-
ney a good quantity, seeth all these
till they be half sodden, wash the
sore with it.

For an old bruise.

Take one spoonfull of the juice
of Tansie, and as much Nipe, two
penniworth of *Sperma Ceti*, put it
into a little Ale, and drink it.

*Oil of Foxes, or Badgers, for Ach
in the Joints, the Sciatica, dis-
eases of the Sinews, and paines
of the Reines, and Back.*

Take a live Fox, or Badger, of a
middle age, of a full body, well fed,
& first kill him, bowell & skin him,
some take not out his bowels, but
only his excrements in his guts,
because his guts have much grease
about them, break his bones small that
you may have all the marrow, this
done set him a boiling in salt Brine,
and Sea water, and salt water, of
each a pint and a half, of Oil three
pints, of Salt three ounces, in the
middle of the decoction put thereto
the

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the leaves of Sage, Rosemary, Dill, Origany, Majoram, and Juniper Berries, and when he is so sodden as that his bones and flesh do part in sunder, strain all through a strainer, and keep it in a vessel to make Linaments for the ach in the joints, the Sciatica, diseases of the Sinews, and paines of the reines and back.

To make the Leaden Plaster.

Take two pound and four ounces of oil Olive of the best, of good red Lead one pound, white lead one pound well beaten into dust, twelve ounces of Spanish Sope, and incorporate all these well together in an earthen pot well glazed before you put them to boil, and when they are well incorporated, that the Sope commeth upward, put it upon a small fire of coals, continuing the fire for the space of one hour and a half, still stirring it with an Iron Ball upon the end of a stick, then make the fire somewhat bigger, untill

106 *A choice Mannal*, or,
til the rednesse be turned ito a gray
colour, but you must not leave stir-
ring it till the matter be turned into
the colour of oil, or somewhat dark-
er, then drop of it upon a wooden
trencher, and of it cleave not to the
finger it is enough, then make it up
into roulds, it will keep twenty years,
the older the better.

The Virtue of the Plaster.

The same being laid upon the
stomack provoketh appetite, it tak-
eth away any grief in the stomach,
being laid on the Belly is a present
remedy for the Collick, and laid
unto the reins of the Back, it is good
for the bloody flux, running of the
Reins, the heat of the Kidnies, and
weaknesse of the back, the same
healeth all swellings, bruises, and
taketh away ach, it breaks Felons,
pustles, and other Imposthumes,
and healeth them, the same draweth
out any running humour without
breaking the skin, and being applied
to the fundament, it healeth any
disease

disease there growing, being laid on the head is good for the Uvula, it helpeth the head-ach, and is good for the eyes.

For a pricking of a Thorn.

Take fine Wheat flower boulded, temper it with Wine, and seeth it thick, lay it hot to the sore.

A Medicine for the Plague.

Take a pint of Malmsey and burn it well, then take about six spoonfuls thereof, and put to the quantity of a Nutmeg, of good Triacle, and so much spice grains beaten, as you can take up with the tops of your two fingers, mix it together, and let the party sick drink it bloud-warm, if he be infected it will procure him to cast, which if he do, give him as much more, and so stil again and again, observing still some quantity, till the party leave casting, and so after he will be well, if he cast not at all, once taking is enough, and probably it is not the sicknesse; after the party hath

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casting, it is good to take a com-
mon draught of burnt Malmſie
with Triacle and grains, it
doth most much.

Another Medicine for the Plague.

Take of Seiwell grated one root,
of the Triacle two spoonfulls, of
Vinegar, three spoonfulls, of
water three spoonfulls, make all
together more than luke-warm, and
boyle them off at once well ſteeped
in water, sweat after this six or ſe-
ven houres, and it will bring forth
the Plague ſore.

To break the Plague ſore

Lay a roſted Onion, alſo ſeeth a
white Lillie root in milk, till it be
as thick as a Poultice, and lay it to
the ſore, if theſe faile, launce the
ſore, and ſo draw it and heal it with
ſalves for Betches, or Piles.

*To make a Salve to dreſſe any
Wound.*

Take Roſin and Wax of each
a pound, of Deer Suet, and
Turpentine, of each one quarter
of

of a pound, of Mastick in powder one ounce, boil all these in a pint of white Wine half an hour with a soft fire, and stir it in the boiling, that it run not over, then take it from the fire, and put thereto half an ounce of Camphire in powder, when it is almost cold put thereto one quarter of a pound of Turpentine, after all these be mingled together, then put it into white Wine, and wash it as you wash Butter, and then as it cooles make it up in rolls.

A most excellent Water for Sore eyes.

Take a quart of Spring water, set it upon the fire in an earthen Pipkin, then put into it three spoonfuls of white salt, and one spoonful of white Coperas, then boil them a quarter of an hour, scum it as it doth boil, then strain it through a fine linnen cloth, and keep it for your use.

When you take it you must lie
down

110 *A choice Manual, or,*
down upon the bed, and drop two
drops of it into your eye, so rest one
quarter of an hour, not wiping your
eyes, and use it as often as need shall
require.

If the eye have any Perle or Film
growing upon it, then take a hand-
ful of red double Daisie leaves, and
stamp them & strain them through
a linnen cloth, and drop thereof one
drop into your eye, using it three
times.

A Plaister for one that is bruised.

Take half a pint of Sallade oil,
or Neatsfoot oil, half a pint of
English Honey, two or three penni-
worth of Turpentine, a good quan-
tity of Hogs grease, two or three
penni-worth of *Bole Armoniack*,
half a pint of strong wine Vinegar,
half a dozen of Eggshells, and all
beaten very small, one handfull of
white Salt, put all these together
into an earthen pot, and stir and
mingle them together exceeding
well, then as much Bean flowre, or
Wheat

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Wheat flower as will thicken it plaister-wise, then with your hand strike it on the grieved place once a day, and by Gods help it will ease any sore that cometh by meanes of striking, wrinching, bruising, or other kind of swelling that proceedeth of evill humours.

Balm Water for a Surfeit.

Take two gallons of strong Ale, and one quart of Sack, take four pound of young Balm leaves, and shred them, then take one pound of Annise seeds, and as much Liquorice beaten to powder, put them all into the Ale & Sack, to steep twelve hours, put it into a Limbeck, and so still it, it is good for a Surfet of choler, for to comfort the heart, and for an Ague.

*A Restorative Water in Sicknesse,
the Patient being weak.*

Take three pints of very good new Milk, & put thereto one pint of very good red Wine, the yolks of 24 Eggs, and beat them together, that
done,

112 *A choice Manual, or,*

done, put in as much fine Manchet as shall suck up the Milk and Wine, then put the same into a fair Stillatory, and still it with a soaking fire, and take a spoonful of this water in your Pottage or drink, and this in one or two moneths will prevent the Consumption.

To make a Caudle to prevent the Lash.

Take half a pound of unblanch-ed Almonds, stamp them, and strain it into a quart of Ale, and set it on the fire, then take the yolkes of four Eggs, and make it for a caudle, and so season it with a good quantity of Cinnamon and Sugar, and eat it every morning at breakfast.

For one that cannot make water, and to break the Stone.

Pare a Raddish root, and slice it thin, and put it into a pint of white Wine, and let it infuse six or seven houes, then strain it, and set it on the fire, and put thereto one Parsley root, and one spoonfull of
Parsley

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Parsley seed, and half a handfull of Pellitory of the wall, and seeth it untill half be wasted, and give it luke-warm to drink.

The Diet against Melancholy.

Take Sene eight ounces, Rubarb six drachms, Polipodie of the Oak, *Sarsaparilla*, and Madder roots, of each four ounces, Annise seeds, Fennell seeds, *Epithimum*, of each one ounce, Mace, Cloves, and Nutmegs, of each two ounces, Egrimony, Scabios, and red Dock roots, of each one handfull, make them all small, and put it into a long narrow bag of boulder, hang it in a vessel of Ale that containeth six gallons, when it is a week old, drink it morning and evening for the space of one fortnight, keep you all that time warm, and a good diet.

A Sirrup to open the Liver.

Take Lungwort, Maidenhair, Egrimony, Scabios, of each one handfull, Chamepitis, Hyiop, of each
each

114 *A choice Manual*, or,
each a dozen Crops, Endive, and
Succory, of each three or four
leaves, of young Fennel and Parsly,
of each one root, one stick of Li-
quorice, one spoonfull of Barberies
clean washed, one spoonfull of An-
nise seeds, twenty Raisins of the
Sun stoned, boil all these in a pot-
tle of water to a quart, then strain
it, and put thereto of the best Su-
gar one quarter of a pound, con-
serve of Violets one ounce, and so
boil it as long as any scum ariseth,
then strain it again, and use this
very warm.

For one that cannot make water.

Take the seeds of Parsly, of red
Fennell, of Saxifrage, of Carra-
wayes, of the kernels of Hip berries,
of each alike quantity, put in some
pouder of Jet, mingle these, being
beaten to pouder, well together, and
drink it in stale Ale luke-warm.

To make Aqua Composita.

Take of Annise seeds, and Li-
quorice bruised, of each half a
pound,

and four pound, Thyme, and Fennell, of each half a handfull, Calamint two handfulls, Coriander, and Carraway seeds bruised, of each two ounces, Rosemary, and Sage, of each half a handfull, infuse these a whole night in three gallons of red Wine, or strong Ale, then still it in a Limbeck with a soft fire.

An Oointment for any Swelling.

Take of marth Mallowes, of Wormwood, of Smallage, of each one handfull, boil it with one pound of the grease of a Barrow Hog untill it be very green, then strain it, and keep it very close. *Lady Parv-*
let.

A Plaister for the Back.

Take half a pint of Oyle of Roses, four ounces of white Lead ground into fine powder, put your Oyle into a clean Posnet, and set it on the fire, and when it is warm put in your white Lead, ever stirring it, then put into it of your Wax one quarter, stirre it untill it be

be black, then take it from the fire, and in the cooling put thereto two pennyworth of Camphire, of white Sanders, and yellow Sanders, of each the weight of fourpence, fine *Bole*, and *Terra sigillata*, of each two penny weight, in fine powder all, still stirring it till it be almost cold, and so make it up in roulees: use it as need requires, for all weaknesse, wasting, or heat in the Kidneyes. *Cranish.*

To make Oyle of Swallowes.

Take one handfull of Mother-Thyme, of Lavender-cotten, and Strawberry leaves, of each a like, four Swallowes, feathers and altogether well bruised, three ounces of Sallade oyle, beat the Hearbs, and the Swallowes, feathers, and all together, untill they be so small that you can see no feathers, then put in the Oyle, and stirre them well together, and seeth them in a posnet, and strain them through a canvas cloth, and so keep it for your use.

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For a Thorn, Fellon, or Prick.

Take the juyce of Fetherfew, of Smallage, of each one Saucer full, put to it as much of Wheat flower as will make it somewhat thick, and put to it of good black Sope the quantity of one Walnut, mingle them together, and lay them to the sore.

A Drink for one that hath a Rupture.

Take of Comfili, otherwise called Bonefeli, a pretty handfull, of Woodbitten as much, Bread, Plantain, and leaves of Cammock, somewhat more than a handfull, of Vervain as much as of the Cammock, of Daisie roots a small quantity, of Elder tops, or young buds, the least quantity, stamp all these together, and put unto them, being stamped, one pint of pure white Wine, then strain it, and drink of it morning and evening, one hour or more before breakfast or supper, a good draught bloud-warm.

If

118 *A Choice Mannal, or,*

If it be a sucking Child, let the Nurse drink posset-ale of the aforesaid drinck, and let the Childe suck immediately: If it be an old body, let him take it lying in his bed nine dayes, if it may be conveniently, or otherwise to use no straining,

For the Lask, or Flux.

Take one quart of red Wine, as much running water, one ounce of Cinnamon, seeth these half away, and give the Patient six spoonfulls to drink morning and evening, if you think it be too harsh, put in a piece of Sugar.

A Lotion water for the Canker.

Take one gallon of pure Water, four handfulls of Woodbine, of Marigolds, and Tettill, of each two handfulls, of Celencine, Rue, Sage, and Egrimony, of each one handfull, boyle all these to a quart, then strain it, and put thereto two great spoonfulls of the best English Honey, and one ounce of Roch
Allum,

Allum, boyle them all again as long as any skum ariseth, then take it off, and put it in a close bottle, and use it bloud-warm when need requireth.

For the Mother.

Take three or four handfuls of Yerne that groweth upon a house, seeth it in Rhenish Wine till it be well sodden, then put it in a linnen cloth, and lay it to her Navell, as hot as she may suffer it, four or five times.

A Water for an old Sore.

Take Honey suckles, water Betony, Rosemary, Sage, Violet leaves, Elder leaves, cut them all small together, and seeth them in a quart of running water, put thereto two spoonfuls of Honey, and a little Allum.

For one that hath a great heat in his Temples, or that cannot sleep.

Take the juyce of Houseleek, and of Lettice, of each one spoonfull, of womans

120 *A choice Manual, or,*
womans Milk six spoonfuls, put
them together, and set them upon a
Chafing-dish of coales, and put
thereto a piece of Rose-cake, and
lay it to your Temples.

To quench or slack your thirst.

Take one quart of running
Water out of the Brook, seeth it,
and skum it, put thereto five or six
spoonfuls of Vinegar, a good quan-
tity of Sugar and Cinnamon, three
or four Cloves bruised, drink it
luke-warm.

*For one that hath a great heat in
his Hands and Stomack.*

Take four Eggs, roast them
hard, peel them, lay them in Vine-
gar three or four houres, then let
the sick man hold in either hand
one of them, and after some space
change them and take the other, and
it will allay the heat.

*Against all Aches, and especially
of a Womans Breast.*

Take Milk, and Rose leaves, and
set them on the fire, put thereto
Oat.

Oatmeal, and Oyle of Roses, boil them till they be thick, and lay it hot under the sore, and renew it so till it be alwayes hot,

For the Ptisick and dry Cough.

Take the Lungs of a Fox, beat them to powder, take of Liquorice, and Sugar-candy, a good quantity, a small quantity of Cummin, mix these all well together, and put them in a Bladder, and eat of it as often as you think good in the day.

To take away Warts.

Take Snails that have shells, pick them, and with the juyce that cometh from them rub the Wart every day for the space of seven or eight dayes, and it will destroy them.

A perfect Water for the sight.

Take Sage, Fennell, Vervain, Betony, Eyebright, Pimpernell, Cinquefoil, and Heartgrace, lay all these in white Wine one night, still it in a Stillitory of glasse, this water will restore the sight of one

122 *A choice Manual, Or,*
that was blind three yeares be-
fore.

To restore the Hearing.

Take Rue, Rosemary, Sage,
Vervin, Majoram, of each one
handfull, of Cammomile two
handfulls, stamp them, and mould
them in Ric dough, make thereof
one loaf, bake it as other bread, and
when it is baked, break it in the
mash, and as hot as may be suffered
bind it to your eares, and keep them
warm and close one day or more,
after it be taken away forbear yee to
take cold.

For a Fellon in the Joints.

Take Rue, Fetherfew, Bores
grease, Leaven, Salt, Honey, six
leaves of Sage, shred them altogether
small, then beat them together, and
lay it to the sore place.

*To comfort the Braines, and to pro-
cure sleep.*

Take a red Rose cake, three
spoonfulls of white Wine Vinegar,
the white of one Egg, three spoon-
fulls

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fuls of Wemans milk, set all these on a chafing-dish of coales, heat them, and lay the Rose cake upon the dish, and let them heat together, then take one Nutmeg, and strew it on the Cake, then put it betwixt two clothes, and lay it to your forehead as warm as you may suffer it.

A Medicine for a sore head with a Scald.

Take one peck of Shoemakers threads, set them over the fire in a Brasse pan, put water to them, and seeth them so long as any Oyle will arise, and evermore be scumming off the Oyle, then take Plantain, Ribwort, Housleek leaves, ground Ivie, knotted grasie, wild Borrage, Tutian, hearb Bennet, Smallage, Setwell leaves, of every one a like quantity, and beat them in a mortar and strain them, then take half a penniworth of Rosin, half a penniworth of Allum, a little Virgins Wax, beat them, and put them in-

124 *A choice Manual, or,*

to a pan, and set it over the fire, put thereto the Herbs and the Oyle, let them seeth till all be melted, then strain them into a pan, and stirre them till they be cold, and put it into a box for your use, when you dresse your head heat a little in a saucer, annoint it every day twice, pull out the haire that stand upright, and with a linnen cloth wipe away the corruption.

*A Salve for a green Wound. or
old Sore.*

Take the leaves of green Tobacco two pounds, of *Valerian* two pound, beat them very small, then strain them, and take the juyce thereof, put one pound of yellow Wax, one pound of Rosin, one pound of Deer suet, boyle them together till they be very green, and when it is half cold put to it a quarter of a pound of Turpentine, and keep it for your use.

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*For the running of the Reines,
Approved.*

Take the Rows of red Herrings,
dry them upon the coales till they
will beat to powder, then give it to
the Patient to drink in the morn-
ing fasting, as much as will lye
upon a shilling in five spoonfuls of
Ale or Wine, be he never so weak.

*For the burning and tricking in the
Seles of the Feet.*

Take half a pound of Barrows
grease, two handfuls of Mugwort
chopped very small, boyle it with
the Barrows grease upon a soft fire,
by the space of four houres, then
strain it from the Mugwort, and
put it up in an earthen thing for
your use, and annoint your feet as
you gee to bed.

*A Medicine for any Heat, Burn-
ing, or Scalding: Approved.*

Take half a pint of the best
cream you can get, and set it in a
fair Posnet upon the fire, then take
two good handfuls of Daisie roots,
H 3 leaves

126 *A choice Manual, or,*
leaves and all, clean washed, and
very finely shred, put them into the
same Posnet, and boyle it upon the
fire untill it be a clear ointment,
then strain it through a cloth, and
keep it for your use.

*To make Aqua Composita to
drink for a Surfet, or a cold
Stomack, and to avoild flegm,
and glut from stomack.*

Take one handfull of Rosemary,
one good root of Elecampane, one
handfull of Hop, half a handfull of
Thyme, half a handfull of Sage, six
good crops of red Mints, and as
much of Pennyroyall, half a hand-
full of Harehound, six crops of
Majoram, two ounces of Liquorice
well bruised, and so much of An-
nise seeds, then take three gallons of
strong Ale, and put all the aforesaid
things Ale and Hearbs, into a brass
pot, then set them upon the fire, and
set your Limbeck upon it, and stop
it close with paste, that there come
no air out, and so keep it with a
soft

soft fire, as other *Aqua vite*.

t or an Ach in any Joynt.

Take clarified Butter a quarter of a pound, of Cummin one pound, black Sope a quarter of a pound, one handfull of Rue, Sheeps suet two ounces, Bay Salt one spoonfull, bray these together, then fry them with the gall of an Oxe, spread it on a Plaster, and lay it on as hot as you can, and let it lye seven dayes.

A Plaster to lay to the head for a Rheume which runneth at the Eyes.

Take the powder of Rose leaves, Rosewater, and Betony water, of each a like quantity, and a little Vinegar, put your pouders into the Water and Vinegar, stir them and temper them, and make them in a Plaster, and put to it a little powder of *Terra sigillata*.

A Water to be used with the Plaster abovesaid for the same purpose.

Take one quart of new Milk,

two pound of green Fennell, a quarter of a pound of Eyebright, put the Hearbs and Milk into a Stillatory, cast half an ounce of Camphire thereon, and with this Water wash your Eyes and Temples.

For the Emeroides: Approved.

Take a piece of tawny cloth, burn it in a frying-pan to powder, then beat it in a Morter as fine as may be, searce it, then lay it on a brown paper, and with spittle make it plaister-wise, and lay it to the place, and trusse it up with clothes.

To break any Sore.

Take hot bread to the quantity of a farthing loaf, grate it, put there-to Sallade oyle three or four spoonfuls, and a pint of Milk, and seeth them together to a good thicknesse, spread it on a cloth and lay it to the sore, in stead of Sallade oyle you may use Deer suet.

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*A Bath for an Ach in the Back
and Limbs.*

Take Mugwort, Vervin, Featherfew, Dill, Rosemary, Burnet, Turkeoof, Horehound, and white Mints, Senkill, and Sage, of each one handfull, seeth all these in four gallons of running water, and let it seeth till one gallon be wasted, then bath your leggs with it five nights together.

*A Medicine for any joynt that
is numbe with any Ach: Ap-
proved.*

Take Virgin Wax one ounce, Verdigrease half a quarter of an ounce, Brimstone, Sepe, Oyle of Eggs, of Allum, of Hency, of each a like quantity, temper them altogether, and lay it upon the place grieved somewhat warme.

*A Medicine for a Fellon of any
Finger.*

Take as much Bay Salt as an Egg wind it in gray Paper, lay it in the Embers a quarter of an hour.

130 *A choice Mannal*, or,
then beat it in a mortar very fine;
then take the yolk of a new laid
Egg, beat it with this powder untill
it be very stiffe, spread it upon a
cloth, lay it upon the joynt grieved
twenty four houres, and so dresse it
three times.

For a Boil or Pust.

Take the yolk of a new laid Egg,
a little English Honey, put it into
the shell to the yolk, put in as much
Wheat meal as will make it to
spread, then take one branch of
Rue, and one of Fethertew, thred
them very fine, and put it to the
same Medicine, stirre them very
well together, spread it upon a
piece of leather, and lay it to the
place grieved.

*An Electuary to cause good di-
gestion, and to comfort the Sto-
mach.*

Take Setwell, and Gallinjal, of
each three slices, Nutmegs, Gin-
ger, and Cinnamon, of each two
slices, three Bay berries sliced fine
and

and husked, three slices of Liquorice, half a spoonfull of Annise seeds clean dusted, one long Pepper cut small, white Pepper six graines, as much black Pepper, beat them all into a grosse powder, then put thereto two graines of Musk, one grain of Amber-greece, then take Mint water and Sugar, boyle them together, and when they are come to the right perfection of thicknesse, put in those Pouders above mentioned in the cooling, with a little conserve of Rosemary floures, of this take the quantity of a Nutmeg, half an hour before you eat or drink at meales.

A Powder for the Rheume, or sore Eyes.

Boyle one pint of Hop-water, made when the Hop is in the flour, till it be scalding hot, then put into it half a pound of Liquorice in very fine powder, the Water being taken from the fire, for the Liquorice must not boyle in the Water, stirre them

132 *A choice Mannal,* for,
them together till the Water be
clean consumed, then add to them,
of Annise seeds, and Fennell seeds,
of each half a pound made into
very fine powder through a Searce,
Angelica roots, Elicampane roots,
and leaves, and floures, of Eye-
bright made into very fine powder,
of each one ounce and a half, mix-
le these together, and so keep it
close, and when you eat of this
Pouder weigh out of the whole
quantity two ounces, whereunto
adde as much good *Aqua vine* as
will moisten it, or Angelica-water,
or *Rosa solis*, to keep it from being
musty, set it near the fire; eat of
this Pouder at any time as much as
you may take up with a groat, and
it is speciall good for the Rheume,
for Cold, or for sore Eyes. Mr.
Beniam.

A Salve for any Vvound.
Take Rosin, Perrolin, Wax, of
each eight ounces, of Sheeps suet,
and Frankincense, of each four
ounces,

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ounces, one ounce of Mastick made in powder, boyle all these in a pint of white Wine half an hour, then take it from the fire, and put thereto half an ounce of Camphire in powder; when it is almost cold put thereto four ounces of Turpentine, and make it up in roulees, but before it be rouleed you must wash it up in running water. *A. T.*

To deliver a Child in danger.

Take a Date stone, beat it into powder, let the Woman drink it with Wine, then take Polipody and emplaster it to her feet, and the Child will come whether it be quick or dead; then take Centory, green or dry, give it the Woman to drink in Wine, give her also the Milk of another Woman.

A most singular Sirrup for the Lungs, and to prevent the Consumption.

Take Egrimony, Scabies, Borrage, Buglesse, of each twenty leaves, Pole-foot, Lungwort, Maiden-

134 *A choice Mannal*, or,
Maidenhair, of each half a handfull,
Succory, and Endive, of each six
leaves, of *Cardus benedictus*,
Horehound, Nip, of each four
crops unset, Hop half a handfull,
Fennell-roots, Parsly roots, Smal-
lage roots, of each three roots sliced
and the piths taken out, Elecam-
pane four roots sliced, Iris roots
half an ounce sliced, Quince seeds
one ounce, Liquorice three good
sticks scraped and sliced small,
twenty Figs sliced, Raisins of the
Sun one good handfull sliced, and
the stones taken out, boyle all these
in a gallon of running Water till
half be consumed; then take it from
the fire and let it settle, then strain
it, and boyle it again with as much
white Sugar as will make it thick
as Sirrup, that it may last all the
year.

A Pouder for the Stone.

Take Hawes, and Hips, of each
a good handfull, A then keyes halt
a handfull, three or four Acornes,

the shels of three new laid Eggs, Grumwel seeds, Parsley seeds, of each half an ounce, Perstone a good handfull, Camock roots halt a handfull, make all these in fine powder, then put thereto two ounces of Sugar-candy beaten something small, take a sixpenny weight of this powder at a time in the morning fasting, and drink not after it one hour.

For the Collick and Stone.

Take one handfull of *Philipendula*, of Rosemary, of Saxafrage, of Ivy growing in the wall, of Harts-tongue, of Thyme, of Parsly, of Scabias, of each four handfulls, of Marigolds one handfull, of Majoram three handfulls, of brown Fennel, of Longdebeefe, of Spernits, of Borage, of each two handfulls, of Maidenhair three handfulls, still all these in May, keep it in a glass till you have need of it, then take of it five spoonfulls, and three of white Wine, and of clean powder

136 *A choice Mannal*, or,
der of Ginger half a Spoonfull,
put these together, and warm it
luke-warm, and let the Patient drink
it in the morning two hours before
he rise out of his bed, let him lay
more clothes upon him, for it will
provoke him to sweat, after the sweat
is gone, let him rise and walk whi-
ther he will.

*A good Water to drink with
Vine, or without to cool Cho-
ler.*

Take Borage roots, and Succory
roots, of each two, wash and scrape
them faire and clean, and take out
their cores, then take an earthen pot
of two gallons, fill it with fair spring
water, set it on a fire of charcoal,
put the roots in it, and eight penni-
worth of Cinnamon; when it be-
ginneeth to seeth, put into it four
ounces of fine Sugar, and let it
seeth half an hour, then take it off,
let it cool, and drink hereof at your
pleasure.

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*To make Aqua Composita for
the Collick and Stone.*

Take of strong Ale one moneth
old, as many gallons as your pot will
hold, and for every gallon take two
ounces of Liquorice, and as much
Annise seeds, and of these Hearbs
following two handfuls of each to
every gallon, of Birch leaves,
Burnet, Pasphere, Pellitory of the
wall, Watercresses, Saxifrage,
Grunwel, *Philipendula*, Penny-
royal, Fennel, half a root of Eli-
campane; of Hawes, of Hips, of
Berries, and Brambles, and Ber-
berries of each half a pint, distill
them as you do other *Aqua vite*.

A medicine for the Collick passion.

Take the smooth leaves of Hol-
ly, dry them, and make them into
pouder, of Grunwel seed, and of
Boxseed, of each a little quantity,
let the patient drink hereof.

*To take away the fervent shaking
and burning of an Ague.*

Take of the rind of the Wilding
tree,

tree, with the leaves in Summer, of each half a handfull, as much Bettonie, three crops of Rosemary, seeth them in a quart of posset Ale to a pint, and let the sick drink of this as hot as he can, and so within three times it will ease him.

For the hardnesse and stiffnesse of Sinewes.

Take twelve fledgd Swallowes out of the nest, kill them, beat them feathers and all in a Morter, with Thime, Rosemary, and Hop, then seeth them with *May* butter, a good while, then strain them through a Strainer as hard as you can, and it will be an ointment, rake the strings that grow out of the Strawberries & beat them amongst the rest.

To stay the Flux.

Take white Starch made of Wheat two or three spoonfuls, and take also new Milk from the Cow, stir these together, and let them be warmed a little, and give it to the party grieved

ved in manner of a glister : a present remedy.

An approved Medicine for the Plague, called the Philosophers Egg, it is a most excellent Preservative against all Poysons, or dangerous Diseases that draw towards the Heart.

Take a new laid Egg, and break a hole so broad as you may, take out the white clean from the yolk, then take one ounce of Saffron and mingle it with the yolk, but be careful you break not the shell, then cover it with another piece of shell so close as is possible, then take an earthen pot with a close cover, with warm embers, so that the shell be not burned, and as those embers do cool, so put in more hot, and do so for the space of two daies untill you think it be drie, for proof whereof you shall put in a Pen, and if it come out dry it is well, then take the Egg and wipe it very clean, then pare the shell from the Saffron, and set it before

before the fire, and let it be warm, then beat it in a Morter very fine, and put it in by it self, then take as much white Mustard seed as the Egg and Saffron, and grind it as small as meal, then searle it through a fine Boulter, that you may save the quantity of the Egg so searced, then take a quarter of an ounce of Dittany roots, as much of Turmentil, of *Nuces Vomicae* one drachm, let them be dried by the fire as aforesaid, then stamp these three last severally, very fine in a Morter, then mix them three well together, after that take, as a thing most needfull, the root of Angellica and Pimpernel, of each the weight of sixpence, make them to powder, and mix them with the rest, then compound therewith five or six simples of Unicorns horn, or for want thereof of Harts horn, and take as much weight, as all these fine pouders come to, of fine Triacle, and stamp it with the pouders in

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in a Morter, untill all be well mixt and hang to the Pestle, and then it is perfectly made, then put the Electuary in a stone pot well sealed, and so it will continue twenty or thirty yeares, and the longer the better.

How to use this Electuary.

First when one is infected with the Pestilence, let him take, so soon as he can, or ever the disease infect the heart, one crown weight in gold of this Electuary, and so much of fine Triacle, if it be for a Man, but if it be for a Woman or Child, take lesse, and let them be well mixed together, and if the disease come with cold, give him this Electuary with halt a pint of white Wine warm, and well mixed together, but if it come with heat, then give it him with Plantain water, or Well water and Vinegar mixt together, and when he hath drunk the same, let him go into his naked bed and put off his shirt, and cover him
warm

warm, but let his bed be well warmed first, and a hot double sheet wrapped about him, and to let him sweat seven, eight or ten hours, as he is able to endure, for the more he doth sweat the better, because the disease fadeth away with the sweat; but if he cannot sweat, then heat two or three Bricks or Tiles, and wrap them in moist clothes wet with water and Salt, and lay them by his sides in the bed, and they will cause him to sweat, and as he sweareth, let it be wiped from his body with dry hot clothes being conveyed into the bed, and his sweat being ended, shift him into a warm bed with a warm shirt, and all fresh new clothes, using him very warily for taking of cold, and let his clothes that he did sweat in be well aired and washed, for they be infectious; and let the keeper of the sick beware of the breath or aire of the party in the time of his sweating, therefore let her muffle her self with double

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double old cloth, wherein is Worm-wood, Rue, Fetherfew, crums of soure bread, and Vinegar and a little Rose-water, beat all these together, and put it into the mustler, madenew every day while you do keep him, and let the sick party have of it bound in a cloth to smel on while he is in his sweat, then after do it away and take a new and because he shall be faint and distempered after his sicknesse, he shall eat no flesh, nor drink Wine the space of nine dayes, but let him use the Conservatives for his health, as Conserve of Buglosse, borrag, and red Roses, and especially he shall drink three or four daies after he hath sweat, morning and evening, three ounces of the juice of Sorrel mixed with an ounce of Conserve of Sorrel, and so use to eat and drink whatsoever is comfortable for the heart; also if one take the quantity of a Pea of the said Electuary with some good Wine, it shall keep him from the infection: therefore

therefore when one is sick in the house of the Plague, then so soon as you can, give all the whole household some of this Receipt to drink, and his keeper also, and it shall preserve them from the infection, yet keep the whole from the sick as much as you can, beware of the clothes and bed that the sick party did sweat in.

To make Balm water.

Take four gallons of strong Ale and stale, half a pound of Liquorice, two pound of Balm, two ounces of Figs, half a pound of Annise seeds, one ounce of Nutmegs, shred the Balm and Figs very small, and let them stand steeping four & twenty houres, and then put it in a Still as you use *Aqua vita*.

To make Doctor Stephens Water.

Take one gallon of good Gascoine Wine, of Ginger, Galingal, Nutmegs, Grains, Annise seeds, Fennel seeds, Carraway seeds, Sage, Mints, red Roses, garden Thyme, Pellitory, Rosemary, wild Thyme, Penny

Penniroyall, Cammomil, Laven-
der, of each one handfull, bray your
Spices small, and chop the hearbs
before named, and put them with
the spices into the Wine, and let it
stand twelve houres, stirring it ve-
ry often, then still it in a Limbeck,
closed up with course paste, so that no
air enter, keep the first water by
it self, it is good so long as it will
burn.

*An Ointment for any Strain in the
Joints, or for any Sore.*

Take three pound of fresh Butter unwashed, and set it in an Oven after the bread be drawn out, and let it stand two or three houres, then take the clearest of the butter and put it into a Posnet, then take the tops of red nettles as much as will be moistened with the butter, and chop them very small, and put them into the butter, set it on the fire, and boil it softly five or six hours, and when it is so boiled, put thereto half a pint of pure oil Olive, & then

146 *A choice Mannal*, or,
boil it a very little, and take it off,
and strain it into an earthen pot,
and keep it for your use.

If you think good instead of
Nettles onely, you may take these
hearts, Camomile, Rosemary,
Lavender, Tun-hoof, otherwile
Ale hoof, Five-finger, Vervin,
and Nettle tops.

For an Ague.

Take the inner bark of a Wal-
nut tree, a good quantity, boil it in
beer untill the beer look black, and
then take a good draught and put it
into a pot, then take six spoonfuls
of Sallade oil, for an extream A-
gue, brew it too and fro in two pots,
then drink it, and let the party la-
bour at any exercise untill he sweat,
then let him lie down upon a bed
very warm until he hath done sweat-
ing, this doe three times when the
Ague commeth upon him.

*A Powder against the Wind in
Stomack.*

Take Ginger, Cinnamon, and
Gallinal,

Gallingal of each two ounces, Annise seeds, Carraway, and Fennel seeds, of each one ounce, long Pepper, Graines, Mace, and Nutmegs, of each half an ounce, Setwel half a drachm, make all in powder, and put thereto one pound of white Sugar, and use this after your meat, or before at your pleasure, at all times it comforteth the Stomack marvellously, carrieth away wind, and causeth good digestion.

For a Pin and Web in the Eye.

Take the white of an Egg, beat it to oil, put thereto a quarter of a spoonful of English Honey, half a handful of Daisie leaves, and in winter the roots, half a handful of the inner rind of a young Hazle, not above one years growth, beat them together in a Morter, and put thereto one spoonful of womans Milk, and let it stand infused two or three houres, and strain all through a cloth, and with a feather drop it into the eye thrice a day.

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*For blond-shotten, and sore Eyes,
comming of heat.*

Take *Tutty* of *Alexandria*, or
Lapis Tutty one ounce, beat it into
fine powder, and temper it with a
quart of white Wine, put thereto
one ounce of dried Rose leaves, and
boil them altogether with a soft fire
untill one half be consumed, then
strain it through a fine linnen cloth,
and keep it in a glasse, and use it
evening and morning, and put it
into the sore eyes with a feather or
your finger.

If the *Tutty* be prepared it is
the better, which is thus done, steep
the *Tutty* in Rose-water, and let it
lie half an hour, then take it forth,
and lay it on a white paper to dry,
then take it when it is dry, steep it,
and dry it againe, as before twice or
thrice, and then use it as before.

For an ach in the Bones.

Take Southernwood, Worm-
wood, and Bay leaves, of each one
handfull, one Oxe Gall, one pint

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of Neat-foot oil, put all these together, and let them stand two or three daies, and let them boil upon a very soft fire, then put in of Deers suet a good quantity, strain them and put them into a pot, and so annoint the Patient, put to this a good quantity of Tarre, and as much Pitch as the bignesse of a Walnut, and of the juyce of Pimpernel a good quantity.

For Children that are troubled with an extream Cough.

Take Hyssop water, and Fennel water, of each half a pint, of sliced Liquorice, and Sugar, of each a pretty quantity, seeth them easily over a good fire, strain it, and let them take a little hereof at once, and often you may dissolve pellets therein, and you may annoint their chest with oil of Almonds, and a little Wax.

A Medicine for sore Eyes.

Take red Fennel, and Cellendine, of each one handfull, stamp
I 3 and

150 *A Choice Manual*, or,
and strain them, that done, take five
spoenfuls of Honey, and white
Copperas the quantity of one Pea,
Rose-water five spoonfuls, boil all
these together in an earthen pot,
skum it well, and clarifie it with
the white of an Egg; this is an ex-
cellent Medicine to cleare the sight
of the eye, if there be any thing in
the eye superfluous to hinder the
sight, but if there be nothing but
heat, it is nothing so good.

*To help one that is inwardly brui-
led.*

Take of Borrage, and red Sage,
of each a handful, stamp these to-
gether and strain them, and put
thereto as much Claret Wine, as
the juice there of, and let the party
drink it warm, and if it keep with-
in him four and twenty houres af-
ter he will recover; if he be bound
in the body, let him take three
spoonfuls of Sirrupe of Damask
Roses, and two spoonfuls of Sallade
oil, and drink it fasting and an hour
after

after let the party take some watrin
broth.

For the Spleen.

Take of Lavender, Fennel, Pars-
sly, Cammomile, Thyme, Worm-
wood, Angelica, of each one hand-
ful, of Sage, and Rue, one hand-
ful, of Annise seeds and Fennel
seeds, of each one handful of Cum-
min seeds two handfuls, of Cloves
four spoonfuls, and of Mace two
spoonfuls, gather these hearbs in the
heat of the day, and dry them in the
Sun two daies, laying them very
thin on a sheet, and brui'e the seed
grossely, and steep them in as much
Sallade oil as will cover all these
things, and somewhat more, and
set them in the Sun ten daies, which
being done, strain your oil from
your Hearbs, and your Spices, and
then infuse it new againe as before
with Hearbs & Spices in like man-
ner, and to that oil thus infused or
strained, add bitter Almonds, and
oil of Capers half a pint, then take

a quarter of a Spoonful of the said oil, and put it in your hand, your hands being warm, rub them together, and annoint and rub the Patient grieved with both your hands, the one on the right side, the other on the left, from the loines down to the bottome of the belly, drawing your hands as hard as you can, and make them to meet at the bottome of the belly, and continue in continuall rubbing, about a quarter of an hour.

For a burning or Scall.

Take a quantity of Sheeps Suet, the white of Hen dung, and fresh Grease, boil all these together, strain it & annoint the party with a feather.

For the Hemoroides and Piles.

Take juice of Elder, May Butter, and Deeres Suet, melt them, letting the Juice and the Butter temper, and then put the Suet to them, make them into pills, and if you make a Suppositor, you must put in more Deeres Suet.

For

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For the Canker in the mouth or Nose.

Take the ashes of green leaves of Holly, with half so much of the burnt powder of Allum, blow with a quill into the place grieved, & it will help Man, Child, or Beast.

A Remedy for the Mother.

When the fit beginneth to take them, take the powder of white Amber, and burn it in a chafingdish of coales, and let them hold their mouths over it, and suck in the smoak, and annoint their nostrils with the oil of Amber, and if they be not with child, take two or three drops of the oil of Amber in white wine warm or cold, but the oil of Amber must be taken inward but once a day and, outward as often as the fit taketh them.

A Medicine for the Warmer.

Take one penniworth of Aloes with the like quantity of Oxe gall and Mithridate, mix them together, and lay them to the child's navel upon a plaster.

154 *A choice Manual, or,
A Preservative against the
Plague.*

Take one dry Walnut, take off the shell and peel, cut it small, and with a branch of Rue shred fine, and a little Wine Vinegar, and Salt, put all into a sliced Fig, take it up fasting, and then you may drink a little Wormwood after it and go where you list

A Pill for those that are infected.

Take of Allices succatime half an ounce, of Myrrh, and English Saffron, of each a quarter of an ounce, beat them into small powder with Malmsey, or a little Sack, or Disicordien, make two or three small pills thereof, and take them fasting.

*A Poultice to break a Plague
sore.*

Take a white Lilly root, and seeth it in a penny-worth of Linseed, and a pretty quantity of Barrowes grease, beat the Linseed first very soft, afterwards beat altogether

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ther in a Morter, make thereof a plaister.

An Elixuay for the Plague.

Take the weight of ten graines of Saffron, two uncies of the kernels of Walnuts, two or three figs, one drachm of Mithridate, and a few Sage leaves stamped together, with a sufficient quantity of Rhenish pernel water, make up all these together, in a masse or lump, and keep it in a glasse or pot for y^e use, take the quantity of twelve graines fasting in the morning, and it will not onely preserve from the Pestilence, but expel from those that be infected.

Against a Tertian Ague.

Take *Dandelion* clean washed, stamp it and put it in Beer, and let it stand all night in the Beer, in the morning strain it, and put half a spoonful of Triack into it, make it luke-warm, and let the Patient drink of it fasting, upon his waking, and walk upon it as long as

156 *A choice Manual*, or,
he is able, this hath been approved
good for an Ague that commeth e-
very second day.

Against the Wind.

Take Cummin seeds, and
steep them in Sack four and twen-
ty houres, dry them by the fire, and
hull them, then take Fennel seed,
Carraway seed, and Annise seed,
beat all these together, and take eve-
ry morning half a spoonful in broth
or beer fasting.

Another.

Take *Enula campana*, grate
it, and drink half a spoonfull
fasting.

For the Sting of an Alder.

Take a head of Garlick and
bruse it with some Rue, add some
Honey thereto, and if you will
some Triacle, and apply it to the
place.

For the biting of a Dog.

Take Ragwort, chop it, and boil
it with clarified Butter to an eint-
ment.

*A Medicine for a Woman that
hath a dead Child, or for the af-
ter-Birth after deliverance.*

Take Date stones, dry them and
beat them to powder, then take
Cummin-seed, Graines, and Eng-
lish Saffron, make them in powder,
and put them altogether in like
quantity, saving lesse of the Saffron
than of the rest, then searce them
very finely, and when need is to
drink it, take a spoonfull at once
with a little Malmie, and drink
it milk-lam, it is good to bring
forth a dead child, or for the after-
birth, or if the woman have any
rising in her stomack, or flushing
in her face during her childbed, the
Date stones with round holes in the
sides are the best, if you put a quan-
tity of white Amber beaten amongst
the powder, it will be the better.

To make the best Paracelsus salve.

Take of Litharge of Gold and
silver, of each three ounces, and
put to it one pound and half of good
Sulphur

158 *A choice Manual*, or,
Sallade oyle, and as much of Lin-
seed Oyle, put it into a large earthen
vessell well leaded, of the fashion
of a milk boud, or a great bason, set
it over a gentle fire, and keep it stir-
ring till it begin to boyle, then put
to it of red Lead, and of *Lapis Ca-
luminaris*, of each half a pound, keep
it with continuall stirring, and let
it boile two houres, or so long till it
be something thick, which you may
know by dropping a little of it up-
on a cold board or stone, then take
a skillet, and put into it a pound of
yellow Wax, as much black Rosin,
half a pound of gum Soudach, of
yellow Amber, Olibanum, Myrrh,
of *Aloes hepatica*, of both the kinds
of *Aristolochias* round and long,
of every of these in fine powder
scaured one ounce, of *Mummi* one
ounce and a half, of oyle of Bayes
half a pound, of oyle of Juniper
six ounces, dissolve all these toge-
ther in the aforesaid skillet, and
then put them to the former Pla-
ster,

ster, set it over a gentle fire, and keep it with stirring till it boyle a little: Then take your five gums, Popanax, Galbanum, Sagapentum, Ammoniacum, and *Edellium*, of each of these three ounces, which must be dissolved in white Wine Vinegar, and strained, and the Vinegar exasperated from them before you goe about the Plaister, let there be three ounces of each of them when they are thus prepared, then when the Plaister hath gently boyled, about half the bignesse of a Nutmeg at a time, continuing that order untill all the Gums be in and dissolved, then set it over the fire again, and let it boyle a very little, but before it boyle be sure that the gums be all dissolved, for else it will run into lumps and knots, after it hath boyled a little take it from the fire again, and continue the stirring of it very carefully, and put to it these things following, being in readinesse, take
of

160 *A choice Mannall, or,*
of both the Corals red and white,
of Mother of Pearl, of Dragons
bloud, of *Terra lemnia*, of white
Vitriol, of each of them one ounce,
of *Lapis Hematitis*, and of the Load-
stone, of each of them one ounce
and a half, of the floures of Anti-
mony two drachms, of *Crocus Mar-
tis* two drachms, of Camphire one
ounce, of common Turpentine
halt a pound, mix all these toge-
ther, but first let those things that
are to be powdered be carefully
done, and fully searced, then put
them all together among the for-
mer things, and again set it over
the fire with a moderate heat and
gentle to boyle, till it be in the form
of a plaister, the which you may
know by dropping it on a cold
piece of Wood, or Stone, or Iron:
you must also remember to keep
it with continuall stirring from the
beginning to the ending, when you
make it up, let your hands and the
place you roull it on be annointed
with

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with the oyle of Saint *Johns* Wort,
and of earth Wormes, and Juniper,
Cammomile and Roses together,
wrap it in Parchment, or Leather,
and keep it for your use.

Memorandum, That the Cam-
phire be dissolved in the oyle of
Juniper, mix them together with
the Gum Sandrach, and put them
in towards the latter end.

*An Ointment for any strain in the
joynts, or for any sore.*

Take three pound of fresh But-
ter unwashed, and set it into an
Oven after the bread be drawn out,
and let it stand two or three houres,
then take the clearest of the Butter,
and put it into a posnet, then take
the tops of red Nettles, and chop
them very small, and put so many
Nettles to the Butter as will be
moistned with the Butter, and so
set it on the fire, and boil it softly
five or six houres, and when it is
boyled, put thereto half a pint of
the best oyle Olive, and then make
it

it boyle a very little, and take it off;
and strain it into an earthen pot,
and keep it for your use.

Mr Ahleys Ointment.

Take six pound of *May Butter*
unsalted, one quart of *Salade oyle*,
four pound of *Barrows grease*. one
pound of the best *Resin*, one
pound of *Turpentine*, half a pound
of *Frankincense*; To this rate take
these *Herbs* following, of each
handfull, viz. *Smallage*, *Balm*
Lorage, red *Sage*, *Lavender*, *La-*
vender-cotton, *Herb-grace*, *Parse-*
ly, *Cumfery* called *Boneset*, *Sorrell*,
Laurell leaves, *Birch leaves*, *Lung-*
wort, *Majoram*, *Rosemary*, *Mal-*
lows, *Cammomile*, *Saint John*
Wort, *Plantain*, *Allheal*, *Chick-*
weed, *English Tobacco*, or *eli-*
Henbane, *Grumfell*, *Weund-*
wort, *Betony*, *Agrimony*, *Cardus*
Benedictus, wild *Wine*, or white
Wine called *Bryan*, *Adders-*
tongue, *Mellilot*, pick all these
Herbs clean, wash them, strain
them

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them clean from the water, all these must be gathered after the Sun rise, then stamp all these Hearbs in a stone or wooden mortar so small as possible may be, then take your Rosin, and beat it to powder with your Frankincense, and melt them first alone, then put in your Butter, your Hogs grease and Oyle, and when all is melted put in your Hearbs, and let them all boyle together half a quarter of an hour, then take it from the fire, and leave stirring of it in no wise a quarter of an hour after, and in that time that it is from the fire put in your Turpentine, and two ounces of Verdigrease very finely beaten to powder, and when you put in your Turpentine and Verdigrease stirre it well, or else it will run over, and so stirre untill it leave boyling: Then put it in an earthen pot, stopping the pot very close with a cloth and a board on the top, and set it in a dunghill of horse muck twenty one

one dayes, then take it up and put it into a kettle, and let it boyle a little, taking heed that it boile not over, then strain all through a course cloth into an earthen or gally pot, and when all is strained, put to it half a pound of Oyle of Spike, and cover the pot close untill you use it, and when you use it make it warm in Winter, and use it cold in Summer.

An approved Medicine for any Ach in the joynt whatsoever.

Take half a pound of Rosin, half a pound of Frankincense, Olibanum, and Mastick, of each one ounce, Wax, Deer Suet, Turpentine, of each two ounces, Camphire, two drachms, beat the Olibanum, Mastick, Rosin, and Frankincense, and Camphire in powder, then put it in a brasle pan with a pottle of white Wine, and put in the Wax and Deer Suet into it, and when it doth boyle put in your Turpentine, and let it boyle a quarter of an hour,

hour, then take it from the fire, and let it stand and cool untill the next day, then work it with your hand to work out the Wine, annointing your hands first with Oyle, then make it up in roubles, then as need shall serve, take thereof and spread it with a warm knife upon a fleshie side of a Sheeps skin, and apply it warm to the grieved place, and take it not off untill it fall off of it self, pricking the Plaister full of holes.

A Searcloth to be used against Carbunkles, red Sores, Biles Swellings, or any hot Causes.

Take a wine pint of pure Sallade oyle, and put it into an earthen pot that is very large, and set it upon a very soft fire of Charcoal, and when it beginneth to boyle, stirre it with a Hasell stick of one yeares shooting, then put into it two ounces of Venice Sope that is pure white, half a pound of red Lead, one quarter of a pound of white Lead, letting it boyle very softly, stirring it continually

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tinually with this Hazle stick for the space of two or three houres, you shall know when it is boyled by this drop ne drop thereof upon a board, and it will be stiffe when it is enough, then take it from the fire, and put into it half an ounce of oyle of Bayes then let it boyle again a little, then let your clothes be ready cut of a reasonable size to dip them in it, then you must have two sticks which must be hollow in the middle, to strip the clothes through, then lay them abroad untill they be cold upon a beard, then roul them up and keep them, and when you use them, lay them upon the place grieved, and let them lie twelve houres, then take it off and wipe it, and lay the other side, and let that lie as long.

Plague Water to be taken three times, for the first helpeth not.

Take a gallon of white Wine Ale or Beer, and to that quantitie take a quarter of a pound of each of these

these Hearbs following, Rosewater
a quarter of a pint, Rue, Sage, Ver-
vin Eg rimony, Betony, Celendine,
Carduus, Angelica, Pimpernell,
Scabios, Valerian, Wormwood,
Dragons, Mugwort, all these
Hearbs must you shred in grosse
together, and steep it in the afore-
said liqueur the night before you
distill it in a Rosewater Still, and
then keep the first water by it self
being the weaker, and therefore
fitter for Children; it helpeth all
Fevers, Agues, and Plagues, being
thus taken, seven spoonfuls or there-
about of the strongest bloud-warm,
and give it to the party to drink in
an Ague or Fever an hour before
the Fit come, and so to sweat, either
by exercise or in your bed, but
your stomack must be empty, and
if it be taken for the Plague, then
put into it a little Diascordium
or Mithridate.

A defensive Plaister.

Take the white of an Egg,
and

168 *A choice Manual, or,*
and Bole Armoniack, spread it on
leather.

A Sirrup for a Cold.

Take Colts foot, Water Hyssop,
Water and Honey, put Liquorice,
Annise seeds, and Elecampane, put
thereto the juyce of Fennell, and
boyle them.

To stay the bleeding of a Wound.

Take a Charcoal red hot out of
the fire, and beat it to powder.

A Poulteffe.

Take Milk, Oatmeal, and red
Rose leaves, and a little Deers
Suet.

For the running of the Reines.

Take cups of Acornes and grate
them, and grate some Nutmeg, put
this in Beer, and drink.

For a Poulteffe.

Take Linseed and beat it to powder,
boyle it in Milk with Mallows
and Sheeps Suet.

For a Blast.

Take a good quantity of Vervain,
and boyle it in milk, and wash the

Blister

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Blast therewith very well, then bind the Hearbs very close to it some few houres, after wash it again the milk being warmed, and so bind it up again, the oftner it is done the better, and in a day or two it will be well, if it be taken before it fester.

Another.

Take a good quantity of Veri-
cen being green, with as much
Dill, chop them together, and boyle
them in Bores grease as much as
will cover them, and for want there-
of so much *May Butter*, and when
they be boyled together, let them
stand two or three dayes, and then
boyle it a little, and so strain it
through a cloth.

A Balsamum.

Take in the latter end of *Septem-
ber* good store of Honeysuckle
berries, and put them in a body of
a glasle Seill stopped, and set it in
hot horse-dung eight dayes, distill
it in *Balneo*, then when you have
drawn

170 *A choice Manual, Or,*
drawn the water forth, pour the
water into the stuffe again, stop it
close, and put it into the dung four
and twenty houres, then set it in
ashes, and distill both water and
oyle with a great fire as much as
will come forth, and at last sepa-
rate the Water from the Oyle in
Balneo.

To make an excellent Oyle of Hypericon.

Take floures, leaves, and seeds
of Hypericon as much as you list,
beat them together, and infuse
them in white Wine that they may
be covered therewith, and set them
in the Sun for ten dayes, then put
thereto so much Oyle Olive as all
the rest doth weigh, and let it stand
ten dayes more in the Sun, but look
that you weigh the Oyle to know
how much it is, then put thereto for
every pound of Oyle two ounces
of Turpentine, and one drachm of
Saffron, and of Nutmegs, and
Cloves, of each half an ounce, of
Mirrh,

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Mirrh, and Rosh, of each an ounce,
and of the rect of Briony two
ounces, put them all in a vessel of
glasse, and mix them well together,
and set them in a vessell of hot wa-
ter, and then set thereto a head of
glasse and Receiver well shut, and
boyle it so long untill no more
will distill from it, which will be
about twenty four houres, then take
it out, and strain it while it is hot,
and keep it in a vessell of glasse,
and when you use it first heat it
well, and apply it upon a wound
without using any tent at all, this
is excellent for a green wound,
especially if there be veines, sinewes,
or bones offended or cut, it keepeth
wounds from putrifaction, it
cleanseth them, and easeth pain, and
doth incarnate and skin them;
it helpeth bruises, paines, aches,
or swellings in any part, and is
wonderfull good against venome
or poyson.

172 *A choice Manual, or,*
For the Falling Sicknesse.

Take the roots of single Pionies,
grate them, drink them, and wear
some of them about your neck.

For kided heels.

Take a Turnip, make a hole in
the top of it, take out some of the
pith, infuse into that hole oil of
Roses, then stop close the hole,
roast the Turnip under the embers,
when it is soft, apply it plaister-
wise warm to the Kibe, bind it
fast.

Lapis Prunellæ.

A Medicine for sore Eyes.

Take one pound of Saltpeter,
boil it in a Goldsmiths earthen pot,
with a very hot fire round about it,
let it boil till it be very black and
melted, then take a quarter of an
ounce, or sixpenny weight of Roch
Allum, and a quarter of ounce of
Prunellæ, break them, and put
them in the Saltpeter by little at
once as it boyleth, and let it burn
till the flame goe out of it self, then
pour

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pour it into a brasse Ladle, or into a Chafer, and so let it stand till it be cold, and when you will use it, scrape it very fine with a knife, and put a little of it to the sore eyes, hold down the eye-lid till the pain be gone, then let water drop out of the eye: This Medicine taketh away the Pearl, the Pin, the Web in the eye, and all sores and bloudshed, it also helpeth the tooth-ach, being put into the hollow tooth with a little lint, if the tooth be not hollow rub it outward; finally, it helpeth a stincking breath, being eaten in the morning fasting.

For a scald Head.

Take a handfull of Glovers shreds; and a handfull of Dock roots the pith taken out, and boyle them in strong Ale untill they be reasonable thick, and annoint the head therewith.

For a bloody Flux.

Take Rubarb and toast it, then grind it to poudre, and take as much

174 *A choice Manual, or,*
as will lye upon a sixpence, and keep
warm that day, the next day eat
conserve of Roses mixed with Cor-
rall, and drink that day if yee will
posset Ale made of Cammomile.

For the Itch.

Take one pound of Butter un-
washed, and unsalted, three good
handfuls of red Sage, and as much
Brimstone beaten into powder as a
Walnut, boyle these well together,
and strain it, and put in half an
ounce of Ginger beaten small.

For sore Eyes.

Take new Hens dung out of the
nest, and put it into an Oven al-
most cold, let it lye there all night,
then take the white of it, and beat it
being dried, and take as much of
the powder of Ginger finely beaten,
and put to that half the like quan-
tity of Sugar-candy, all which must
be beaten very well and searced,
then put it into the sore eyes every
night, and in the morning wash it
out with the water.

A Water for sore Eyes.

Take a pint of fair running Water, of wild Daiesies, and three leaved Grasse, of each a good handfull, wash the Herbs very clean in a Collender, and put them into a clean Skillet of Water, let them boil very well over the fire, untill the Water look green, then take a little peice of Allum and put into the Water, and when it is boiling, then taste of the Water, and when it sticks to the mouth, take as much Honey as will make it very sweet, then after it hath boiled a little while take it off the fire, strain it and drop a little every night into the eyes.

An approved Application against any Surfeit.

Take the bottome of a Muncorn loaf, cut it about an inch thick, and as broad as the palm of your hand, toast it very well, then take of Sallade oil and Claret Wine, of each a like quantity, as much as

176 *A choice Manual, or,*

will wet the toast well and thoroughly, warm it hot, then put the toast into it, when the toast is well soaked, throw the powder of Cloves and Mace thereupon thick, then apply it to the stomack of the Patient as warm as he can endure it, it will purge upwards and downwards so often as you apply a fresh toast made as aforesaid, this may be applied so often as any one findeth their stomack ill at ease, although then it will not purge, except in case of a Surfeit.

A Medicine against the Plague.

Take of the root called Setwel, the quantity of half a Walnut, and grate it, of Triacle green one good spoonful, of fair water three spoonfuls, make all these more than lukewarm, and so drink them off in bed, and sweat six or seven houres, and in your sweat drink small posset Ale made of small drink as you need, but not till an hour and half after the taking of the Potion, and
it

it will bring forth the Plague, for if you cast the Medicine, you may take it the second, third, or fourth, time by the whole, half, or lesse measure, as your stomack will bear it: if any do take it, and thereupon happen presently amendment, or a rising, or sore, you may think it to be the sicknesse, for the nature of the Medicine is to prevent the Plague, and in others to expell the sore, if it be not taken too late, in which case the stomack will not brook it easily, nor after two or three times taking, if you minister it to any, let it be at their first sicknesse, least if their disease be other they may receive harm thereby.

Jelly of Frogs

Take the Jelly of Frogs in March, and still it in a glasse Still, it is a good Medicine to stop blood, and for the heat and rednesse of the face, and good to cure green Wounds.

178 *A choice Manual, or*
For the Tooth-ach.

Take of Spareminits, and ground Ivy, of each a handful, and a good spoonfull of Bay Salt, stamp all these very well together, and boil them in a pint of the strongest Vinegar that you can get, let these boil altogether untill they come to a quarter of a pint, then strain it and put it into a glasse, and stop it very close, when your teeth doth ake, take a spoonful of it bloud-warm, and hold it in your mouth on that side the pain is.

For to make teeth stand fast.

Take roots of Vervin in old Wine, and wash the teeth therewith.

For the perillous Cough.

Take white Horehound, stamp it, wring out the juice, and mingle it with Honey, and seeth it, and give it the sick to drink, or else Sack, and Garlick seed, and roast it in the fire, and take away the peels, and mixt the rest with Honey,

or

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or else take Sage, Rew, Cummin, and powder of Pepper, and seeth all these together in Honey, and make thereof an Electuary, and take thereof a spoonful in the morning, and another at night.

For a man that hath no taste in meat or drink.

Take a pottle of clear Water, and a good handfull of Dandelion, and put it in an earthen pot, and seeth it till it come to a quart, and then take out the hearbs and put in a good quantity of white Sugar, till you think it be somewhat pleasant, and then put it into a vessel wherein it may cool, and then take twenty or thirty Almonds, blanch them and beat them in a Morter, and when the Water is cold put it to the Almonds, and then strain it through a clean Cipris bag without compulsion, and if it be thick, let it run through again, and so keep it in a vessel, and drink of it often, at all times as you please.

180 *A choice Manual, or,*
To preserve a man from the Plague.

Take *Aloe epaticum*, and *Aloe succotrine*, fine Cinnamon, and Myrrh, of each of them three drachms, Cloves, Mace, *Lignum Aloe*, Mastick, *Bole Armoniack*, of each of them half a drachm, let all these things be well stamped in a clean Morter, then mingle them together, and after keep them in some close vessel, and take of it every morning two penny weight, in half a glassetul of white Wine, with a little water, and drink it in the morning at the dawning of the day, and so may you, by the grace of God, go safely into all infection of the air and Plague.

For a Tetter, or Ring-worm.

Take *Mercury*, a quarter of an ounce, Camphire one penny weight, make them into powder, and rub them in a fair porrenger, then take and mix them with the water of the vine four or five spoontuls, stir them well together, then put as
much

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much more water to that, then strain it through a cloth, and take Poppey seeds one quarter of an ounce, beat that in a stone Morter, with a spoonful of the water of the Vine, putting a little and a little till you have spent the quantity of a pint, then put to half an ounce of the Milk of Coker-nut, so mix them well together with your first Receipt, and strain them as you make Almond milk through a fair cloth, then keep it in a glasse for your use.

To keep ones body loose whensoever you need.

Take two ounces of Sirupe of Roses, one ounce of Sene, one pennyworth of Anniseeds, one stick of Licorice, one pint of Posturn water, seeth them altogether till it seeth to half a pint, then strain them forth, then boil the two ounces of Sirupe of Roses, and drink it warme.

For

For a red Face.

Take Brimstone that is whole, and Cinnamon, of either of them an even proportion by weight, beat them into small powder, searse it through a fine cloth upon a sheet of white paper, to the quantity of an ounce or more, and so by even proportions in weight mingle them together, in clean clarified Capons grease, and temper them well together, untill they be well mollified, and then put them to a little Camphire to the quantity of a Bean, and so put the whole confection in a glasse.

For a young Child to make water.

Boil Organy in fair water, and lay it warm to the Childs Navel.

A Medicine for the falling of the Uoula into the Throat.

Take a red Colewort leaf, whereof cut away the middle rind, then put the rest into a paper, and let it be burnt in hot embers or ashes, then take the leaf out, and lay it
hot

hot on the top or crown of the bare head, and it will draw it up into his place, and rid you of your pain.

A Medicinē for the heat of the soles of the feet, that cometh by Rheum or bloud.

Take a quantitie of Scallies of the garden, and boile them in stale Urin, then let the Patient lye and set his feet therein, and using that often he shall be cured.

Galeens own Powder.

Take of powder of Pearl, of red Corral, of Crabs eyes, of Harts-horn, and white Amber, of each one ounce, beat them into fine powder, and searce them, then take so much of the black toes of the Crabs claws as of all the rest of the powders, for that is the chief worker, beat them and searce them finely as you do the rest, then weigh them severally, and take as much of the toes as you doe of all the rest of the five powders, and mingle them well together, and make them
up

84 *A choice Manual*, or,

up into balls with jelly of Harts-horn, whereinto put or infuse a small quantity of Saffron, to give them colour then let them lie till they be dry and fully hard, and keep them for your use.

The Crabs are to be gotten in *May* or *September*, before they be boiled.

The dose is ten or twelve grains in *Dragon* water, *Carduus* water, or some other cordiall water.

The Apothecaries in their composition of it, use to put in a drachm of good Oriental Bezar to the other pouders, as you may see in the prescription following.

This is thought to be the true composition invented by *Gascon*, and that the Bezar, Musk, and Amber-greece, were added after by some for curiosity, and that the former will work without them as effectually as with them.

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*The Apothecaries Galcon Powder,
with the use.*

Take of Pearles, white Amber, Harts-horn, eyes of Crabs, and white Corral, of each half an ounce, of black thighes of Crabs calcined two ounces, to every ounce of this powder put a drachm of Oriental Bezar; reduce them all into very fine powder, and searce them, and with Harts-horn jelly with a little Saffron put therein, make it up into a paste, and make therewith Lozanges or Trochises for your use.

You must get your Crabs for this powder about *May*, or in *September*, before they shall be boiled; when you have made them, let them dry and grow hard in a dry air, neither by fire nor Sun.

Their dose is ten or twelve grains, as before prescribed in the former page.

186 *A Choice Manual, or*

*The Powder prescribed by the
Doctors in their last London
Dispensatory, 1650. called the
Powder of Crabs claws.*

Take of prepared Pearles, eyes
or stones of Crabs, of red Cor-
ial, of white Amber, of Harts-
horn, of Oriental Bezar stone, of
each half an ounce, of the powder
of the black tops of the claws of
Crabs to the weight of all the for-
mer; make them all into powder,
according to Art, and with jelly
made with the skins or castings of
our Vipers, make it up into small
Tablets, or Trochises, which you
must warily drie as before prescrib-
ed, and reserve for your use.

*The Countesse of Kents Powder,
good against all malignant and
Pestilent Diseases, French Pox,
Small Pox, Measels, Plague,
Pestilence, malignant or scarlet
Fevers, good against Melancholy,
dejection of Spirits, twenty
or thirty grains thereof being ex-
hibited.*

hibited in a little warm Sack or
Harts-horn jelly to a man, and
half is much, or twelve grains
to a Child.

Take of the Magistery of Pearls,
of Crabs eyes prepared, of white
Amber prepared, Harts-horn, Ma-
gistery of white Coral, of *Lapis*
contra Tarum, of each a like quan-
tity, to these pouders infused put
of the black tips of the great clawes
of Crabs, to the full weight of the
rest, beat these all into very fine pou-
der, and searce them through a fine
Lawn Searce, to every ounce of this
pouder add a drachm of true Oriental
Bezar, make all these up into a
lump, or masse with the jelly of
Harts-horn, & colour it with saffron,
putting thereto a scruple of Amber-
griee, and a little Musk also finely
poudered, and dry them (made
up into small Trochises) neither
by fire nor sun, but by a dry
air : you may give to a man
twenty

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twenty graines of It, and to a child
twelve graines.

The Virtues of a Root called Contra yerva, being made into fine Powder.

1. It withstands the Plague being taken in Triacle water.

2. It is good in all Pestilent diseases, taken in posset drink with Saffron.

3. It is good against a Fever, taken in *Carduus* water.

4. It is a great Antidote against all poysons, taken in Sallade oil.

5. It doth cure the biting of a mad dog, drunk in Rose vinegar, and then drink nothing else but spring water during the Cure.

6. It causeth a speedy delivery, given in Balm-water, Bittony-water, or in burnt Wine.

7. It doth take away the after-throwes, given in the same liquors,

8. It is a good Cordial in all fits of the Mother, given in Rue-water.

9. It is very soveraigne in swooning

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ing fits, given in Sack, or Borrage-water.

10. It is very powerful to withstand all Melancholly, given in Sack.

11. It doth help Convulsions in Children, given in Spring-water.

12. It helpeth the Worms, given in Goates milk.

13. It is good for a short breath, given in Rue-water.

14. It helpeth the Head pain, given in Rue-water, or Rosemary-water.

15. It helpeth the yellow Jaundice, given in Celendine-water.

16. It is very powerful in the Palsie, given in Sage-water.

17. It is a good Antidote against the Gout, given in Sage-water.

18. It withstandeth the growing of the Stone in the Reines, given in Renish Wine.

19 It causeth a good and quiet sleep taken in white wine.

20. It is a great preserver of
Health,

Health, and meanes of long Life,
taken sometimes in Mede.

21. It may be used as Triacle or
Bezar, against Surfeits.

22. It is a general upon all oc-
casions, and may be given at all
times when you do not know what
the disease is, in any of the afore-
said liquors.

The dose for a man or woman is
from one scruple to two scruples,
& a boy or girl, twelve or fourteen
graines, in convenient liquors,

THE



THE EPISTLE.

Friend,

BEing given to understand, that
you were reprinting the Countesse
of Kents Manuall; I thought good
to communicate unto you, for the more
accomplishment of your second Im-
pression, the vertues of some select
Cordiall Spirits, of very great use
in weak and sickly persons, which
were first composed by Sir Walter
Raleigh, during his Imprisonment
in the Tower, and dispersed by him
to divers worthy Personages, in their
severall occasions and necessities, and
were imparted to me by Captain
Samuell King, who lived long time
with him in the Tower, and in his
expeditions; this King being my
loving Friend, and Schoole-fellow,
both in Canterbury and Westmin-
ster

THE EPISTLE.

Her Schooles. I have also inserted
hereunto certain Experiments of
Galscons Powder, or the Countesses,
for their operations are much of the
same nature, which have many times,
with very happy successe, been tryed
upon severall persons, by myself, and
divers others by my directions, assu-
ring my self, it will be of very great
use and benefit to such persons as shall
have need of such helpes and comforts,
and so rest,

Your Friend

W. I.

The



The Vertues of Aqua Bezoar.

IT is good against contagious diseases, as Plague, Purples, spotted Fever, Small Pox, and Measels.

The order to take it, is with *Carduus benedictus*, or Angelica, in posset Ale, and to sweat moderately upon the taking of it; It is good against Surfets, and easeth the stomach oppressed with wind, crude Hægm, and superfluities, and helpeth digestion.

The dose is from two to three spoonfuls at one time.

The Vertues of Spirit of Clary.

It is good to restore one in any weaknesse, chiefly of the back; It preserveth against the Consumption and Pilsick; It comforteth the heart, and increaseth radicall moisture; It also strengtheneth Child-bearing Women after their delivery.

L

The

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The dose is one or two spoonfulls morning and evening.

The Vertues of Aqua Marix.

It is good for all infirmities of the Spleen, and to open the obstructions thereof; It comforteth the vitall parts, and is good against all passions of the heart; It preserveth the meat in the stomach from putrification, It helpeth digestion, and expelleth wind.

The dose is one spoonfull at one time,

The Vertues of Floures of Rosemary.

It is good against all infirmities of the stomach, and to suppress all offensive fumes rising up from thence to the head, keeping them down; and helpeth memory; It openeth all stoppings of the Liver and Milt; It preventeth *Vertigo*, *Scotomia*, *Pallies*, *Apoplexies*, and diseases of that kind arising from cold humours; It breaketh wind, and easeth the Collick.

The

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The dose is one spoonfull at one time.

The Vertues of Spirit of Mints.

It is good for the stomack, and strengthneth the retentive faculty, good against vomiting, and all passions of the heart; It comforteth the vitall spirits, and is good against the Consumption; It expelleth wind, and helpeth digestion, and is an infallible help for melancholy.

The dose is from one to two spoonfuls.

The Vertues of Aqua Theriacalis.

It is good against all diseases of the Spleen whatsoever; It preventeth and helpeth contagious, and suddain oppressions, and qualmes of the heart.

The dose is one spoonfull to prevent, and three to the infected, who ought to sweat after taking it.

The Vertues of Spirit of Saffron.

It is good to comfort the vitall Spirits, passions, trembling, and

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pensivenesse of the heart, and helpeth all malignity oppressing it, and expelleth wind; It suppresseth fumes which arise from the Spleen and goe up to the head, and openeth the obstructions of it; It is excellent against all melancholy; and very good for women in travail, for it comforteth, and hasteneth delivery.

The dose is morning and evening one spoonfull, for three dayes together.

Virtue of Spirit of Roses.

It is good to open the obstruction of the Lungs, and preventeth Consumptions, and other infirmities of that nature; It preserveth from putrification, and keepeth the breath from being corrupted.

The dose is a spoonfull at noon, at four in the afternoon, and as much at bed time,

The Vertues of Spirit of Diasatyryon.

This Spirit made of *Diasatyryon* mag

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magis gratum, prescribed in the last London Dispensatory, comforteth, and much restoreth decayed nature, strengthneth the weak back, increaseth seed, and advanceth generation, being taken thrice a day a spoonfull at a time, that is, in the morning fasting, at four in the afternoon, and last at bedward; with this caution that the weak parties abstain from venereall acts till after their first sleep.

The dose is one spoonfull at one time

The Vertue of Spirit of Strawberries.

It is excellent good to purifie and cleanse the bloud; It preserveth firm, and also cureth the yellow Jaundies, and deoppillateth the obstructions of the Spleen; It keepeth the body in a sweet temperatenesse, and refresheth the Spirits.

The dose is a spoonfull at a time, when need requireth any of those

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those helps for the aforesaid diseases.

*Spirit of Confection of Alkermes
Vertues.*

It is an excellent comforter of the Spirits vitall, naturall, and animal, in weak and delicate persons, and against all trembling, pensiveness, and suddain qualmes of the heart,

The dose is one spoonfull at one time.

The Vertues of Spirit of Comfrey.

It hath all the vertues which Spirit of Clary hath, onely it is of greater efficacy in inward hurts, bruises and ruptures.

The dose is a spoonfull at one time.

Extract of Ambergriee.

Take a drachm of Ambergriee, grind it very small on a Painters stone, then put it into a bolt head; then take of the best Spirit of Wine, either Canary or Malio Sack half a pound, Spirit of Clary two ounces;

ounces ; mingle them well together, and pour of the Menstrua one pint to this proportion of Amber, set them to digest in a gentle Balneo about eight houres, taking it together three or four times, then take it out, and being cold, pour it forth, and put almost as much more of the mixed Spirits digested as before in a gentle heat by Balneo ; then put it forth to the first extracted ; and adde halt as much more spirits the third time, and digest it again ; and then have you extracted all the sweet part of the Amber, and leave nothing but a black dead earth of no valew,

Then take a pint of the pint of what Herb you will use, and dissolve therein one pound of pure white Sugar-candy, or at the least twelve ounces, very finely powdered and searced through a fine Searcer, for the speedier resolution thereof, it is best to dissolve it in cold, this resolution must be twice filtered

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thorough a thin cap paper, to make it very perfect clear : Then take three parts of this dulcified Spirit, to one of your Extract of Amber drawn with Spirit of Wine, then shake them well together, and let them stand in a square glasse very close stopped, untill it shall be perfectly clear ; one crachm of this Extraction of Amber will serve to dulcifie and make fit two quarts of Spirit of Mints, or Clary, or the like , and give it a most excellent taste, and efficacious vertues.

Severall Experiments made of the Countesse of Kents, or of Gascons Pouder , by a Professor of Physick.

1. A Childe aged about five yeares , troubled much with flegm, and drawing on (as the Parents conceived) to his end , with ten graines of this Pouder exhibited in a specificall vehicle , to the proportion of one spoonfull , about seven
of

of the clock at night, with the like dose exhibited the next morning, was within three dayes space perfectly recovered, and went abroad.

2. A Childe aged about fourteen yeares, being suddainly surpris'd with dangerous Fits. and trembling of the heart, with twelve graines of this Pouder exhibited in a spoonfull of *Aqua Theriacalis*, was that very day recovered.

3. A Stationers Childe aged about five yeares, being suddainly taken so ill, that the Parents feared the life of the Child, with ten grains of this Pouder exhibited in a spoonfull of a Cordiall Spirit, being laid down, and well covered (we suspecting it would prove to be the Small Pox) became within two or three houres somewhat cheartull, and with this Medicine continued once a day, the Pox broke forth, and the Childe mended.

4. A Boy aged about sixteen, being taken with suddain qualmes

L 5 about

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about his stomack and heart, with ten graines of this Pouder exhibited in a spoonfull of Doctor *Mountfords* water upon his Fit, and the like quantity exhibited again when he went to bed, was the next day recovered

5. A Childe about three yeares old, being troubled with grievous torments, and gripings in his belly with wind, with nine graines of this Pouder exhibited with two drops of specificall Oyle against the Collick, in a spoonfull of Stomack Water, was ealed in few houres.

6. A Childe about seven yeares old, being troubled with Convulsion Fits, with ten graines of this Pouder, mixed with Spirit of Castor, and one drop of Oyle of Amber, in a few spoonfuls of black Cherry water, annointing the two neck veines near the eares, with a few drops of Oyle of Amber and Cloves, was suddainly recovered

recovered of his Fit.

7. A Gentlewoman near forty yeeres old, being oppressed with crude and flatulent humours, so that her friends thought her departing, was with twelve graines of this Powder, and two drops of a Cordiall Oyle, exhibited in a spoonfull of Cordiall Water, being had to bed, within three dayes recovered, and followed her domestick businesse.

8. A Youth about twenty years old, much oppressed with wind and crudities of stomack, with twelve graines of this Powder exhibited in two drops of a specifick Collick Oyle, as in the fifth Experiment, with a Cordiall Water was speedily recovered.

9. A young Maid about eighteen yeeres old, troubled with Fits of the Mother, and Convulsive Fits, with twelve graines of this Powder given her in a few spoonfulls of Prony water, gathered and distilled

202 *A choice Manual*, or,
distilled in due season, with
a drop of Oyle of Cinnamon, and
two of Amber mingled together,
being held upright before a warm
fire, within four heures recovered
out of her Fit, and went up to her
Chamber (though her teeth were
set in her head, and small appear-
ance of life) but that onely her
feet were warm was discovered
in her.

10. A Gentlewoman aged a-
bout fitty, being very much trou-
bled with flatucus and crude hu-
mours oppressing the stomack, with
sixteen graines of *Gascon Powder*,
and with three drops of Oyle of
Oranges, duly prepared, exhibited
in an ounce of *Aqua Theriacalis*,
being well shaken and mingled to-
gether, being exhibited at two se-
verall times, that is, at night when
she went to bed, disposing for rest,
and betimes the next morning,
found much ease and comfort,
and gained some quiet rest that
night,

night, and shortly recovered.

11. A young woman aged about four and twenty, not without some suspicion of the Plague, having a tumor long while arising on her groin, with three severall doses of *Gascons* Pouder, exhibited at three evenings when she disposed for rest; by twelve graines for every dose in a spoonfull of *Triacle* water, drinking every morning a spoonfull of Spirit of Saffron for those three dayes together, was perfectly recovered, and followed her domestick busines.

These and many other Experiments have I with good successe tryed, and with Gods blessing recovered divers severall Patients.

This Pouder is good against Small Pox, Measels, spotted, or purple Fever, exhibited in specificall Waters, fit for their severall diseases; It is good in swoonings and passions of the heart, arising from malignant vapours,
or

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or old causes, as also in the Plague or pestilent Fevers, alwayes observing to keep the persons upright, warm, and well covered after their taking it.

The dose of this Pouder in Children, is from eight to twelve graines; in Persons more aged from twelve to fourteen graines, but exhibite the dose twice or thrice if need require: In the Plague you may use a greater quantity, with such Medicines as are prescribed in the *Child bearers Cabinet*, and it will not be amisse to mingle it with some *Aqua Theriacalis*.

The Composition of the Oyle called Oleum Magistrale, said to be invented by one named Aparitius, a Spaniard, being speciall good to cleanse and consolidate wounds, especially wounds in the head.

Take a quart of the best white Wine you can get, of pure old Oyle
of

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of Olives three pound, then put thereto these floures and hearbs following, of the floures and leaves of Hypericon half a pound, of *Carduus benedictus*, of Valerian, of the least Sage, of each a quarter of a pound; if it be possible take the leaves and floures of every one of these, then let them all steep twenty four hours in the aforesaid Wine and Oyle; the next day boyle them in a pot well annealed, or in a copper vessel over a soft fire, untill such time as the Wine be all consumed, stirring it alwayes with a spattle; after you have thus done, take it from the fire, and strain it, and put to the straining a pound and a half of good *Venice Turpentine*, then boyle it again upon a soft fire the space of a quarter of an hour, then put thereunto of *Olibanum* five ounces, of *Mirrh* three ounces, of *Sanguis draconis* one ounce, and so let it boyle till the Incense and *Mirrh* be melted, then take it off, and let it stand untill it be